



2022-2023

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PHILLIPS ACADEMY ATHLETIC RECORDS

2022-2023

Fall 2022 Varsity Sports

- Boys Cross Country
- Girls Cross Country
- Field Hockey 15-2-1
- Football 2-7-0
- Boys Soccer 9-4-4
- Girls Soccer 6-6-6
- Girls Volleyball 15-6-1
- Boys Waterpolo 8-7-2

Boys Varsity Cross Country

2022

Head Coach: Patrick Rielly

Assistant Coaches: Jeff Domina , Dan Schneider, Carl Sangree

Captain: Rohan Kapoor & Dawson Lin

Overall Season Record

See Schedule

Letter Winners: Siiso Daaud, Tam Gavenas, Max Huang, Jakob Kuelps, Sebastian Lemberger, Aidan Lin, Luke Williamson, Max Boesch-Powers, Robert Budzinski, Vance Fabrizio, Luke Francis, Magnus Julin, Rohan Kapoor, Arun Kapoor, Constantine Krenteras, Ethan Qi, Avin Ramratnam, & Nigel Savage

Award Winner: HALLOWELL CROSS COUNTRY CUP - Rohan Kapoor

Boys Cross Country

2022 Schedule and Results

Sat	09/24/2022	Cross Country B	Manchester Invitational	A	10:30 AM				
Sat	10/01/2022	Cross Country B	N.M.H. Invitational	A	3:30 PM				
Sat	10/08/2022	Cross Country B	Choate	A	2:00 PM		16-43	W	
Sat	10/15/2022	Cross Country B	St. Paul's/Austin Prep	H	3:30 PM		15-48, 15-50	W,W	
Sat	10/22/2022	Cross Country B	N.M.H./PEA	A	3:35 PM		2nd		
Sat	11/05/2022	Cross Country B	Exeter	A	3:15 PM		21-38		L
Sat	11/12/2022	Cross Country B	INTERSCHOLS	A	1:15 PM	At SPS	2nd both V&JV		



Phillips Academy Boys Cross Country 2022

Rohan V. Agrawal	2026	San Francisco, CA	Maxwell Langhorst	2025	Andover, MA
Cheon il Allado	2024	Bronx, NY	Joshua J. Lee	2024	Chicago, IL
Kwezi N. Besiimire	2026	Gardner, MA	Sebastian R. Lemberger	2025	Louisville, CO
Max R. Boesch-Powers	2024	Cambridge, MA	Nathan A. Liang	2025	Carmel, IN
Robert Budzinski	2026	North Andover, MA	Dawson A. Lin *	2023	Aspen, CO
Lundeen B. Cahilly	2024	Old Greenwich, CT	Todd A. Lin	2025	Aspen, CO
Mario E. Calvo	2024	Manhasset Hills, NY	Ethan J. Liu	2026	Tallahassee, FL
Bryan C. Chyu	2023	Seoul, KOR	Brian J. Masse	2023	Reading, MA
Evan J. Curtin	2025	North Andover, MA	Nathan A. Neu	2026	Wilmington, N
Abdiasis M. Daauud	2023	Waqooyi Galbeed, SO	Eric Nie	2026	North Attleboro
Emmanuel B. DeAngelis	2024	Newbury, MA	Thomas R. Nordahl	2026	Westwood, MA
Anthony Diaz	2025	Culver City, CA	Leo W. Peters	2024	San Leandro, C
Vance M. Fabrizio	2024	Beverly, MA	Luke C. Piasecki	2024	Charlotte, NC
Luke B. Francis	2025	Cape May, NJ	Arnold E. Principal	2024	Brooklyn, NY
Miklos F. Frusztajer	2026	Guilford, CT	Ethan Qi	2023	Andover, MA
Tamrat A. Gavenas	2025	Andover, MA	Avin I. Ramratnam	2024	Tiverton, RI
Caleb C. Gerakaris	2024	Andover, MA	Nigel C. Savage	2023	Fayetteville, GA
Vincent P. Giancola	2026	New York, NY	Arjun R. Shah	2025	Belmont, MA
Jonas H. Giannoni	2025	New York, NY	David H. Song	2026	Andover, MA
Brandon H. Horne	2025	San Francisco, CA	Ryan Squeri	2024	New York, NY
Max P. Huang	2024	Montclair, NJ	Sami N. Tokat	2026	Montclair, NJ
Magnus G. Julin	2025	North Andover, MA	Henry T. Ty	2024	North Andover
Yifan Kang	2024	Shenzhen, CN	Matthew D. Wasilewski	2024	North Reading,
Arun Kapoor	2025	Inverness, IL	Elliot Weir	2026	Marblehead, M
Rohan Kapoor *	2023	Inverness, IL	Adrian M. Werner	2025	Boxford, MA
Micheal D. Kawooya	2026	Columbia, SC	Luke L. Williamson	2025	Miami, FL
Hwisoo Kim	2025	Sungnam-si, KOR	James R. Xiao	2025	Andover, MA
Laerdon Y. Kim	2024	Lincolnwood, IL	Congqing Yang	2026	Shanghai, CN
Constantinos T. Krenteras	2024	West Orange, NJ	Zhouchen Zhang	2023	Burlington, MA
Jakob Kuelps	2025	Zug, CH	Jesse J. Zuniga	2026	Andover, MA

Coach: Patrick Reilly

Assistant Coaches: Jeff Domina, Garrett Richie, Dan Schneider



Boys Cross Country 2022 Highlights

SEPTEMBER 24, 2022

Cross Country BV at Manchester Invitational

BXC HAS STRONG OPENING RACES AT MANCHESTER INVITATIONAL

PAXC began the 2022 season at the Manchester Invitational on a beautiful, windy fall day in Manchester, NH. PA was one of 40 teams competing at this high-energy invitational, and the Andover boys competed well in very strong fields.

First up, ten PA runners toed the line in the JV "C" race, which ran a 2.1-mile course. Magnus Julin ('25) paced PA with a strong finish, followed by Avery Lin ('25), Ethan Liu ('26), and Eric Nie ('26) finishing within ten seconds of each other. Elliot Weir ('26) and Luke Piasecki ('24) rounded out PA's top seven in this event, and Yifan Kang ('24), Sami Tokat ('26), Adrian Werner ('25), and Harry Kim ('25) also raced well in the first event of the day.

The JV "B" race went off next with seven PAXC runners competing in the 5K race with thirty other New England teams. The strong PA crew took fourth overall in this deep field, led by a PR time from ninth-grader Robert Budzinski ('26) in a brilliant race. Luke Williamson ('25) came charging in next with a great last mile. Nathan Neu ('26) shook off quite a fall in the second mile to finish in a huge PR in one of the toughest races of the day, and close behind, Avin Ramratnam ('24) and Vance Fabrizio ('24) pushed each other to strong PAXC debuts. Max Boesch-Powers ('24) and Ethan Qi ('23) closed out the top seven for Andover with excellent efforts.

In the final race of the day, seven PA runners competed in the large-school Varsity race against some of New England's strongest cross country athletes. Max Huang ('24) paced Big Blue up front, and he was followed by a competitive pack of Andover runners, who all finished within 20 seconds of each other: Jakob Kuelps ('25), captain Aidan Lin ('23), Siiso Daaud ('23), and Luke Francis ('25). Arun Kapoor ('25) had a great race to finish sixth for PA, and Constantine Krenteras ('24) toughed out the hilly course to round out PA's seven. You can find full results [here](#).

Congratulations to the fourteen athletes making their PAXC debuts this weekend! Next weekend, BXC travels to NMH to their annual invitational in Mount Hermon, MA.

OCTOBER 1, 2022

Cross Country BV at N.M.H. Invitational

ANDOVER BOYS FINISH STRONG AT NMH INVITATIONAL

The Andover boys' cross country team traveled to Northfield Mount Hermon for the annual NMH Invitational on a perfect New England day for cross country.

First up, ten PAXC Varsity runners toed the line against NMH, Loomis Chaffee, Saint Paul's, and Keene (NH) High School. Andover runners fought hard and held their own in a strong field. Max Huang ('24) crossed the line first for PA with an excellent race among the leaders of the race. After Max, Jakob Kuelps ('25) and a charging Luke Williamson ('25) finished back-to-back followed by another pair, Arun Kapoor ('25) and Robert Budzinski ('26). Luke Francis ('25) and Siiso Daaud ('23) rounded out Andover's top seven with excellent efforts on the challenging NMH 5K course. Shaving off time from last week, Avin Ramratnam ('24) and Vance Fabrizio ('24) continue to make gains in their inaugural cross country seasons, and another rookie, Nathan Neu ('26) raced well for the second week in a row to start his promising PAXC career.

In the final race of the day, the boys' JV squad swept the field, taking the first five spots in the race with some stellar early-season performances. Sebastian Lemberger ('25) crossed the line first in his season debut, trailed closely by Ethan Liu ('26), who has made a name for himself already with two great races in a row. Magnus Julin ('25) PRed while taking third for Andover, continuing his positive trajectory this season. Avery Lin ('25) and Lundeen Cahilly ('24) made their 5K season debuts, with the 3.1-mile race being Lin's first and Cahilly's fastest by a whopping 1:46. Constantine Krenteras ('24) improved significantly from last week, and Sami Tokat ('25), also making his 5K debut, ran a strong race to round out PAXC's top seven. The JV race marked the 5K season debuts for Manny DeAngelis ('24), Yifan Kang ('24), who PRed by a minute, Adrian Werner ('25), Henry Ty ('24), who PRed by 53 seconds, Max Langhorst ('25), James Xiao ('25), who PRed by 1:32, Arjun Shah ('25), and Ryan Squeri ('24). It also marked the PAXC career 5K debuts of Mario Calvo ('24), David Song ('26), Michael Kawooya ('26), Rohan Agrawal ('26), Jonas Giannoni ('25), Ethan Principal ('24), and Harry Kim ('25).

[You can find full results here.](#)

Next week, PAXC will travel to Choate to face CRH in the first dual meet of the season.

OCTOBER 8, 2022

Cross Country BV at Choate Rosemary Hall

W 16-43

PAXC RACES TO TWO WINS AT CHOATE

Andover runners traveled to Wallingford on a beautiful fall day to take on Choate and came away with two good wins against the Wild Boars.

In the combined race, Tam Gavenas ('25) led the pack and crossed the line first overall. Robert Budzinski ('26) and Luke Williamson ('25) came in next, four seconds apart. Arun Kapoor ('25) and captain Aidan Lin ('23) rounded out the scoring for Andover while a PRing Max Boesch-Powers ('24) and Vance Fabrizio ('24) were Andover's sixth and seventh runners, respectively. Andover Varsity wins, 16-43.

Continuing his brilliant racing, Sebastian Lemberger ('25) took the first JV position for Andover, followed several seconds later by an emerging Magnus Julin ('25). Avery Lin ('25), Constantine Krenteras ('24), and Sami Tokat ('26) finished within ten seconds of each other, trailed closely by Josh Lee ('24) in an excellent season debut. A big PR from Mario Calvo ('24) rounded up the top seven Andover JV runners while a huge race from David Song ('26) put him right outside the top seven. Also PRing for Andover were Henry Ty ('24), Michael Kawooya ('26), and Max Langhorst ('25). And running well for PAXC were Luke Piasecki ('24), Adrian Werner ('25), and Arjun Shah ('25). A big congratulations goes to captain Rohan Kapoor ('23) who made a hard-fought season debut while setting the tone for PAXC runners throughout the day. Andover JV wins, 15-50.

PAXC will host SPS and Austin Prep next weekend for Family Weekend in the only home race of the season.

OCTOBER 15, 2022

Cross Country BV vs St. Paul's

W 15-48

ANDOVER RUNNERS RACE TO 26 PRS ON FAMILY WEEKEND

On a warm fall day in Andover, the boys' cross country team raced brilliantly in front many PAXC fans on Family Weekend.

In their only home meet of the season, Andover runners competed well, taking nine out of the first ten places in the combined race and running to wins against Saint Paul's and Austin Prep. Leading the pack, Tam Gavenas ('25) broke the school record on the home course by eight seconds, becoming the fastest Andover runner on a course that dates to 1990. With strong team-oriented racing, seven other PAXC runners also raced their way onto PAXC's top 100 home course PRs: Max Huang ('24), Siiso Daaud ('24), Jakob Kuelps ('25), Luke Williamson ('25), Aidan Lin ('23), Rohan Kapoor ('23), and Arun Kapoor ('25).

Out of the 45 PAXC runners who raced, 26 PRed, 21 made their home course debuts, and 8 made their PAXC debuts. Particularly notable, Yifan Kang ('24), Nate Liang ('25), Michael Kawooya ('26), Ethan Principal ('23), Harry Kim ('25), and Anthony Diaz ('25) all PRed by more than a minute! PAXC looks forward to competing in the first Exeter Invitational next weekend when they will see Exeter, NMH, and Deerfield in Exeter, NH.

OCTOBER 15, 2022

Cross Country BV vs Austin Prep

W 15-50

ANDOVER RUNNERS RACE TO 26 PRS ON FAMILY WEEKEND

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OCTOBER 22, 2022

Cross Country BV at Quad Meet v. PEA, NMH, Deerfield

ANDOVER SHOWS STRENGTH AND DEPTH AT EXETER QUAD MEET

Getting on the line with the top three teams from last year's New England championships--Exeter, NMH, and Deerfield--the Andover boys competed well and took second in this mid-fall quad meet on Exeter's home course.

Pushing Exeter's first-place runner, Andover's Tam Gavenas ('25) took second overall in an excellent race to pace the PA pack in the combined boys' race. Max Huang ('24) continued his positive trajectory this fall to finish second for PA. Shortly after, he was followed by Siiso Daauud ('23), who has impressed many in his debut XC season, and Jakob Kuelps ('25) in what was perhaps his strongest race of the season so far, tying a PR. Luke Williamson ('25) charged through the line to wrap up Andover's top five, and captain Aidan Lin ('23) and Arun Kapoor ('25) crossed the finish within six seconds of each other to complete the top seven. PA Varsity took second as a team.

On the JV scoring side, Sebastian Lemberger ('25) hammered another race, finishing second overall and first for the PA JV. Robert Budzinski ('26) and captain Rohan Kapoor ('23) followed with two seconds in an excellent pack. A PRing Avin Ramratnam ('24) and Luke Francis ('25) completed the scoring section of the Andover JV squad. Andover had 43 runners compete at Exeter, and although all ran with competitive spirit, special kudos have to go to Nathan Neu ('26), Avery Lin ('25), Adrian Werner ('25), Caleb Gerakaris ('24), Kwezi Besiimire ('26), and James Xiao ('25), who all ran PR performances on an unfamiliar course. PA JV took first as a team.

PAXC will return to Exeter for the annual Andover-Exeter dual meet in two weeks.

NOVEMBER 5, 2022

Cross Country BV at Exeter

L 21-38

ANDOVER RUNNERS FIGHT HARD AGAINST STRONG EXETER SQUAD

PAXC traveled to Exeter, NH on an unseasonably warm day to take on age-old rival Phillips Exeter in the annual Andover-Exeter dual meet. Exeter fields one of the strongest cross country teams in New England, and Andover runners were excited for the challenge.

In the first race of the day, the Varsity boys set the tone by going out hard and running tough against the exceptional Exeter front seven. In an exciting race at the top, Tam Gavenas ('25) battled with Exeter's number one runner across the course to run to a season's best time. Next for Andover, Max Huang ('24) continued his excellent trajectory with a hard-fought race with the second Exeter pack. Siiso Daauud ('23) finished third for Andover in a strong performance. Jakob Kuelps ('25), Luke Williamson ('25), and Rohan Kapoor ('23) came charging home as a pack, and Aidan Lin ('23) and Arun Kapoor ('25) closed out the Andover Varsity crew. Although the Exeter team came out on top, the Andover runners ran well in their final test before New England's next weekend.

The JV race was a nail-biter all the way through. Taking the individual win with an incredible PR performance, Sebastian Lemberger ('25) blazed the path for his teammates up front. Robert Budzinski ('26) continued his excellent season with a strong race to take third place overall and second for Andover. Luke Francis ('25) and Max Boesch-Powers ('24) exemplified pack running by encouraging each other throughout the race, and they followed closely by Magnus Julin ('25) to round out Andover's scoring five. Avin Ramratnam ('24) and Constantine Krenteras ('24) moved into the top seven with hard-nosed racing. Overall, Andover had 39 runners in the JV race, and their were fabulous performances all the way through the lineup. Special recognition has to go to Jesse Zuniga ('26) and Vincent Giancola ('26) for PRing by more than 30 seconds--despite the heat! JV wins, 26-29.

Next week, PAXC will take nineteen runners to Saint Paul's to represent the team at the New England championship.

NOVEMBER 12, 2022

Cross Country BV at INTERSCHOLS

ANDOVER BOYS TAKE SECOND AT NEPSTA CHAMPIONSHIP

In a championship day full of surprises, the Phillips Academy boys' cross country team competed brilliantly against more than a dozen New England prep school teams at Saint Paul's School to secure second place in both Varsity and JV races.

In the first race of the day, the Varsity boys ran with poise and toughness to set the tone for the rest of the team. Surging in the last 400 meters, senior Siiso Daauud ('23) crossed the line first for Andover, taking tenth place overall. Close behind, Max Huang ('24) took eleventh overall in a hard-nosed race. Jakob Kuelps ('25) and captain Aidan Lin ('23) were next for PAXC, fighting for every place. Sebastian Lemberger ('25) fought through illness to round out Andover's scoring five, and Luke Williamson ('25) showed real fight to finish as Andover's sixth runner. It was an incredible performance for Big Blue.

On the JV side, Andover knew it would be locked in a close contest with Exeter's formidable squad. Living up to the hype, the top ten positions were all runners from A-E with PAXC captain Rohan Kapoor ('23) taking the individual win in a remarkable run. Next for Andover were Arun Kapoor ('25) and Robert Budzinski ('26), who both turned in excellent performances. A surging Luke Francis ('25) followed closely, and a PRing Nathan Neu ('26) was Andover's fifth runner in his best race of the season. Magnus Julin ('24), Avin Ramratnam ('24), and Max Boesch-Powers ('24) formed the next PAXC pack, and they were followed by Vance Fabrizio ('24). Nigel Savage ('23), Ethan Qi ('23), and Constantine Krenteras ('24) raced well for Andover to finish the JV squad. When the dust settled after inspiring performances from both sides, Andover fell just short of their neighbors from the north to take second place as a team.

The memorable PAXC 2022 is now in the books. Given the number of returning runners on the squad, things look bright for future years. There are many good miles ahead!

Boys Cross Country In The News

Boys Cross Country Head Coach Patrick Rielly Aims to Cultivate an Exciting, Inclusive, and Respectful Team



Head Coach of Andover Boys Cross Country Patrick Rielly initially began his coaching career at Andover as an assistant coach after distance running competitively throughout high school and college. Since then, he has taken on the role of Head Coach and has worked each season towards creating a space where everyone is “excited to get the most out of themselves.”

According to Rielly, the camaraderie found in a cross country team is what drives his love for the sport. He values the fact that everyone on the team is working together to achieve the same exact goal.

“The thing that I love about the sport is that you get together [as] a large group of people who all have the same goal to get faster over the 5k. And regardless of experience coming into the season, or training beforehand, the goal is the same, as we’re trying to get a little bit stronger, a little bit faster, every day. That, to me, keeps me coming back every year,” said Rielly.

This year’s team includes 60 runners, many of whom are new to the team and sport. For Rielly, team success is not just measured by performance in workouts and races, but also, whether or not everyone on the team feels included and excited at practices.

“A successful team, of course, has to do with training, but I think even more importantly, it has to do with the people who are involved with it. My goal as a coach in the program is to really cultivate an atmosphere and a space in which people feel really excited to be there and excited to get the most out of themselves and help their teammates get the most out of themselves as well,” said Rielly.

New to the team, Mario Calvo '24 appreciates Rielly’s consistent communication and care for every runner on the team. According to Calvo, Rielly ensures each person is taking the steps necessary to take care of themselves, since distance running is both physically and emotionally demanding.

“He’ll always ask me how I think I did during the workout, how I feel directly after a workout, and how I’m going to approach recovery. And I’m also very appreciative of that because in both harder days and easy days, I can be someone who’s always pushing themselves to the limit, and Coach Rielly always helps to put a check on that competitiveness and makes sure I’m always trying to aim for the end goal, which is to be both a good teammate and a good runner,” said Calvo.

Co-Captain Aidan Lin ’23 shares similar sentiment to Calvo, valuing the fact that Rielly is approachable and prioritizes the athlete’s health over their performance. According to Lin, Rielly is understanding of any factors that may affect one’s ability to run, in and outside of practice.

“Coach Rielly is obviously a great coach, but also a really great person on campus. He doesn’t just care about our performance and our improvement, he really does care about our well-being. I know last year sometimes when I didn’t get enough sleep, he just told me to go back to my dorm and take a nap rather than [go to] practice. It really showed me that he cared for me as a person first, and me as an athlete second,” said Lin.

According to Rielly, the fundamental value for his team is respect. However, Rielly also believes that respect is more than just treating teammates with kindness.

“We have to respect each other and everything we do. I think that that sort of leads to all the other values. Thinking about compassion for one’s teammates, thinking about integrity as an athlete, and I’d say perseverance as an athlete as well,” said Rielly.

In between big races, Rielly continues traditions like “push-ups and poets”—where the team completes push-ups while naming poets on top of Holt Hill—and the annual intrasquad Springbok Gazelle Race. However, with a team so big, Rielly realizes that it may be a challenge for everyone to have equal opportunities to race.

Rielly said, “The major goal I have for that for the season is that everyone on the team gets a chance to wear the blue and race this season. Get on the line and run hard over 5k hopefully multiple times. But if we can get everyone in the program to race this season, that would be a really great thing.”

Staff Report

Sep 23, 2022

Co-Captain Aidan Lin ’23 Leads Boys Cross Country With Values Of Family and Respect



Though he ran cross country throughout middle school, Co-Captain Aidan Lin ’23 initially decided to play soccer during his first year at Andover. However, after running frequently during his Lower Year, Lin decided to switch to cross country for his Upper Year. Swayed by his friends and positive team environment, Lin now heads into his second year on Andover Boys Cross Country.

“I guess my favorite part [of the sport] is, funnily enough, the team aspect. Obviously, it’s an individual sport, but on our team, it’s different... I don’t know if this is the case with other cross country teams, but it’s definitely [the] case for ours. I don’t know, it’s like a family,” Lin said.

Lin found part of that team aspect through the Cross Country team’s traditions. He felt as though the practice right before interschols brought a unique sense of community to the team dynamic.

“The highlight of my time as a Cross Country Runner was the last course run before Interschols. There’s a tradition of passing a stick around as we run through the sanctuary and only the person with the stick can talk. Everyone says a few words with the stick in hand. The camaraderie I felt in those moments was unlike anything I had experienced before,” said Lin.

According to Co-Captain Rohan Kapoor ’23, despite only running on the Andover team for two years, Lin has shown immense growth and talent in cross country. Since he began his Andover experience as a soccer player, Lin has grown into a model athlete for everyone on the cross country team.

Kapoor said, “He joined our team only last year, because he used to play soccer and he’s just hit it right off the bat.... He’s one of our top three runners, I think right now, which is just insane. [Plus, he’s] only been there for two years. And he’s an awesome leader too. He is someone who I look to, learn from, and someone who just has a personality. People want to be friends with him and want to be led by and appreciate who he is. He’s shown a lot of growth in running.”

As Co-Captain, Lin leads Boys Cross Country by emphasizing the core team values of being a family and respect, not just of one another, but of themselves. Given that the team has one of the largest rosters on campus, it is faced with difficulties of bonding together as one. However, in his new role as one of the leaders of the team, Lin hopes to unify it by implementing these values and using his outgoing nature.

Lin said, “I think that my biggest strength is being outgoing... [Since there are many kids on the team,] I’ve been trying to get to know everybody... As a big team, we had a bunch of runners come back for preseason. We had a couple of sessions just talking about what the values we wanted to cultivate on the team [were]... Family is one of them and respect is definitely one of them as well. Not just respecting each other, but also respecting your body and yourself. That’s a big part of cross country because it’s a really taxing sport.”

The team’s family bond, however, is not formed automatically. It takes fostering and togetherness, something Lin said has been built not just through team events, but through little things outside of Cross Country.

“We do do team dinners and occasional captain’s practices on Saturdays, but that’s not what necessarily makes us a family. I think it’s the bond we have with each other knowing that we’re in this together, whether it’s in a race, in a workout or school work. I remember last year a Senior helped me with my [Computer Science] work when I really needed help. He probably didn’t think it was a big deal, but it meant a lot to me. That’s the kind of team we are and I’m grateful that we have so many people on this team that embody this energy,” said Lin.

Boys Cross Country Head Coach Patrick Rielly emphasized Lin’s ability to connect with his teammates. With an outgoing nature, Rielly feels as though Lin works to ensure that he gets to know each and every one of the runners.

Coach Rielly said, “Aidan I think really connects with everyone on the team. I think he makes it a priority to connect with everyone on the team. And especially this season, to connect with all the newer runners on the team. I think that’s really important as a captain.”

Boys Cross Country Opens Season at Manchester Invitational, Team's Top Five Runners Finish Within 37 Seconds of Each Other

On Saturday, Andover Boys Cross Country opened its season in Derryfield, N.H. at the 2022 Manchester Invitational. Out of 30 teams in the field, the team's top seven runners placed 14 while the next seven runners placed fourth in their respective races.

In the summer months leading up to Manchester, the team focused on building aerobic fitness through long, slow, and easy running. Manchester was an opportunity for the team to become more acclimated to harder and faster efforts, according to Max Huang '24.

"I think this race was testing our fitness and seeing where we are from summer training and the first couple weeks of practice. I think now we know we need to work on our strength a little bit to handle the hills. Maybe get in some faster speed work, so we can handle the faster pace during the race," said Huang.

Eager to break the monotony of summer training, the team had high expectations going into its first race, according to Mario Calvo '24. Of the 24 students who raced that day, 14 made their first Andover Cross Country debuts, whereas many others broke personal records from previous seasons.

"I think what our strengths this weekend is that a lot of people were really excited to go out there and compete for the first time this season. I think in the last couple of weeks I have found there has been a lot of optimism in the team. Optimism to perform well, obtain personal records, and to do well for the school and I think that reflected well in the meet last week. A lot of our athletes obtained personal records in the meet and Andover was able to come away with the win," said Calvo.

With 230 runners in the Boys Large School Varsity race and 270 runners in the Boys Junior Varsity B race, Nathan Neu '26 highlighted the importance of the vast competition at Manchester. Unlike a typical dual meet, having people to run alongside at all times at a large invitational led to faster times, according to Neu.

"[We were] just trying to compete, compete, compete. Everybody out there is your competition and everybody out there is trying to make you run faster. The team's goal [was] to work harder and improve times, improving our weaknesses individually that we found out we had in the race. Races are to see what our weaknesses are," said Neu.

The course at Manchester consisted of a concentrated series of steep uphill in the second mile and steep, rocky downhill in the third mile. Despite the course's difficulty, Huang commended the team for its overall performance, noticing that most of the team in the varsity race finished within the same minute.

"A hard part of the race was the hills. The second mile of the race, I think our team worked really well together to work through the hills and to finish the race strong. I think our spread was 37 seconds between our first and last place finishes, which was the lowest of any team there," said Huang.

According to Calvo, the team hopes to not only improve its individual 5k times, but also develop more effective racing strategies for future races. These strategies involve the whole team, with all its members collectively working alongside one another to put down faster results.

"I think the mindset of the team is always to see what we can improve on, whether that be taking time off of our 5k or running more efficiently as a team and also communication among athletes. I

think these are strategies we are trying to develop as a team this week, and I think that will serve us well this week and for the rest of the season,” said Calvo.

Andover Boys Cross Country will race at the Northfield Mount Hermon Invitational this Saturday.

Meg Stineman

Sep 30, 2022

Boys Cross Country Places Third At Northfield Mount Hermon Invitational

Andover Boys Cross Country raced at the Northfield Mount Hermon (NMH) Invitational against NMH, Loomis Chaffee, St. Paul's, and Keene High School on Saturday. The team's ten Varsity runners came in third out of five teams with 65 points. The remaining runners took first in the Junior Varsity race with 15 points, sweeping the top five individual places.

With a 90-minute drive, the team was able to use the long bus ride to its advantage. Max Huang '24 felt as though the relaxed nature of the bus ride allowed the team to visualize the run ahead and transition into a racing mindset, which led the team to be ready to run as soon as it arrived at NMH.

“I think the bus ride was actually good for us because we had time to calm down before the race, think about how we were going to race, and to also just spend time with each other. It was a good environment on the bus,” said Huang.

The course consisted of rolling hills and uneven, rocky footing. Despite the course's difficulty, Lundeen Cahilly '24 reflected that much of the team had a successful race, setting personal records. With about twenty team members racing for the first time on Saturday, Cahilly said the team is optimistic about its growth through the rest of the season.

“For all the guys who this was their first race of the season or their first race ever, it's definitely like being thrown into the deep end. It's one of our tougher courses, maybe the toughest we actually race, although Manchester was possibly harder, but not all of the guys raced that. It's a difficult course, but overall getting into that mindset early in the season of getting into it, grinding out the miles, and running fast is a good mindset to get in. We're just getting into the right place,” said Cahilly.

Three-fifths of the course included trails that were surrounded by nothing but woods, creating an isolated environment. Cahilly noted the importance of team members leaning on each other for support when there was no one around to cheer them on.

“One thing we make sure to do as a team is to run in packs. At a time, we try to run at least a minimum of two guys together, and at the last mile, race apart because you're trying to get your time and see what you can do. We [do] really solid grouping up and sticking together. When you're being pushed by another guy who does a little more than you on those hills that are really testing you. When there's no one around, that pulls you along and helps you run faster. I think just teamwork [helps you keep the pace and stay tough],” said Cahilly.

Huang led the team's top ten with a sixth place individual finish. However, Robert Budzinski '26 also complimented Luke Williamson '25 for his 13th place individual finish and consistent dedication to the team.

“[Luke] had a great race, both time and respective to the rest of the team. He ran a lot better than he did at Manchester. It's probably one of the best races he's ever ran. And then after, during the girls race, he was super enthusiastically cheering for all of the girls, not just the girls at Andover, which I thought was really nice. It was definitely a really hard course, and by the end you were really struggling, so it was nice for him to just cheer for everyone. That definitely stood out to me,” said Budzinski.

With some of the usual Varsity runners out due to injury and illness, other team members had to step up to fill in the roles. According to Huang, the Varsity race allowed many to experience deeper competition and higher pressure for the first time this season.

"This was just a big opportunity for both the people who didn't get to race the week before to come out and run, and also we were missing some key members of our varsity team, so it was a great opportunity for some of the JV runners to step up. I think they did a great job," said Huang.

Looking forward, the team hopes to dive deeper into the speed and strength portion of its training. Huang believes the early races allow the team to acclimate to the faster paces, setting a strong foundation to build upon for the rest of the season.

"I think we're just coming off of our base training phase, so we haven't done much strength and speed work yet. Once we start fine-tuning for faster races and doing similar speed work, I think we'll be even more prepared to run faster times," said Huang.

Andover Boys Cross Country will race at Choate in a dual meet this Saturday.

Angie Lucia

Oct 7, 2022

Boys Cross Country Defeats Choate with Strategic Race Plan

On Saturday, Andover Boys Cross Country headed to Choate to race its first dual meet of the season. The race resulted in a 16-43 win for the team, putting its dual meet record at 1-0.

In preparation for the race, the team utilized a 3-D printed model of Choate's course, created by teammate Lundeen Cahilly '24. According to Coach Keri Lambert, the model allowed the team to scope out the course and develop key race strategies.

"As usual, we ran an easy pre-meet run on Friday afternoon. After that, we looked at a 3-D model of the race map to get a sense of the elevation changes, loops, and more. One of the boys' team members, Lundeen Cahilly, made the model at the Makerspace. It's so cool! And it's really useful as a coaching tool. I definitely hope he makes more for the other courses we'll visit this year," wrote Coach Lambert.

According to Vance Fabrizio '24, the team planned to start the race conservatively, then gradually built up speed towards the end. This race plan allowed the team to adapt to the elevation gain of the course.

"They had a big hill around mile two and the race plan was to go out easier in the first mile and then in the second mile really attack the hill. Then in the third mile, because the last mile was almost all downhill, the third mile, we went very fast. So stay conservative to start with and then build up the pace until the end," said Fabrizio.

Max Boesch-Powers '24 highlighted the pack running strategy that the team utilized throughout this race, which contributed to its success. In addition to the Varsity win, the team took all top seven individual spots in the JV race, sweeping Choate with a 15-50 win.

"I ran with [Vance] and stuck with him because we were going for the same time. I saw other people on the team doing that too, and it helps people push each other. We also did well overall... We just did well with times. It was a new course for everyone with a really tough hill in it, and people did a good job. They were saying they wanted to start walking, but they pushed through it," said Boesch-Powers.

According to Fabrizio, dual meets require more individual focus and motivation, in great part due to the smaller scale of the race. However, a benefit of having less runners in a race is the ability to run from one place to the next in the shortest possible line, leading to faster times overall.

"I think dual meet obviously [has] less runners so it requires more mental focus because there's not as many people cheering you on as an invitational. You can really run the shortest course because you don't have to run around other people, like the other runners," said Fabrizio.

According to Boesch-Powers, the team is working on maintaining its focus during practice so that it is familiar with the amount of focus needed when transitioning to the race environment. With such a young team, the team is still continuing to build strong, encouraging relationships, especially during hard races like this one.

“We are working on staying focused and when we are doing workouts, we want to do them well. When we are in races we want to stay focused and realize that we are in a race setting, and we are trying to give everything we have to that race and leave everything out on that course. We also want to build team relationships because we have a pretty young team, and we want to make sure that we can all work together and encourage each other and have a good team for years to come,” said Boesch-Powers.

Andover Boys Cross Country will host Austin Preparatory School and St. Paul’s this Saturday for Family Weekend.

Meg Stineman

Oct 14, 2022

Tam Gavenas ’25 Breaks Andover Boys Cross Country Home Course School Record



Finishing with a time of 15:30 on Andover’s 5k course, Tam Gavenas ’25 claimed first place and set a new school record for Andover Boys Cross Country by eight seconds. Gavenas’ win led to Andover beating St. Paul’s 15-48 and Austin Prep 15-50. The team’s record in dual meets now stands at 3-0.

According to Co-Captain Rohan Kapoor ’23, he was reminded of his first family weekend race this weekend when the previous course record was set by Chris Ratcliffe PG’20. Kapoor was also

impressed with the number of individual victories the team had.

“[Tam] ran a thirty second-almost PR, at a 15:30, and I remember my freshman year family weekend when Chris Ratcliffe, in 2020, set the course record, or the school record, that day. I still remember that and I told [Tam] about it in the week and that was a lot of pressure on him but he went out there and ran an amazing race, and obviously now he holds that school record... [We also had] 26 personal records on the course, so that was pretty crazy. Of those 21 course debuts, and eight team debuts who hadn’t come to any meets before, so that was really awesome,” said Kapoor.

According to Luke Williamson ’25, Andover worked on familiarizing themselves with the course in the days leading up to the race, to take advantage of running on the team’s home course.

Williamson said, “So this was our only home meet of the year, so we worked a lot on the strategy. We ran the course a few times...[on Monday] they were running repeats of the Sanctuary and strategizing in there. Then we ran it on Friday with our parents. Our other workout, on Wednesday, was thousand [meter] repeats...for the home course advantage. We were getting ready to run our own course, that was big.”

According to Mario Calvo ’24, one of the team’s weaknesses has been its ability to focus on improving everyday. Calvo noted that this is an aspect of the team that needs to improve in upcoming weeks.



“Coach Richie and Coach Reilly have been preaching a lot [about] focus. I think this has been a slight weakness for the team these past couple of weeks. In terms of workouts...while camaraderie is always welcome on such a team, there also comes a time where we need to focus on the objective, and that is to improve the most we can...Just having this idea of focus being instilled during every

workout has really helped this team tune out some of the noise and distractions, and focus on becoming...better runner[s], both mentally and physically.”

According to Williamson, one of the team’s strengths this season has been its energy. Williamson noted that the energy created an electric atmosphere that encouraged the team to perform to the best of its ability.

“We were cheering super loud, and after our race was done, we got out and cheered for the other boys coming in and then the girls in their race, and then we blasted our own music and it was just a ton of fun. Everyone was super happy. Everyone ran well,” Williamson said.

Looking ahead, Calvo believes that the team will continue to work on keeping consistent paces throughout the entire race, which is specifically effective on courses with a variety of terrain.

Calvo said, “What happens with consistency is that there is a lot of [different] terrain that we face as runners on every single course that we run, so what we need to think about is okay, how are we going to make sure that we’re not totally and completely gassed at the end of each hill, that we’re not going out too fast on [that] first mile. That we can win those 50-50 matchups at the end of a race in those last 200, 100 meters... If we can make sure [we] have those little details really nailed down, then I think this team is going to be a lot more successful as well.”

Andover will face Northfield Mount Hermon, Deerfield Academy, and Phillips Exeter Academy at next Saturday’s quad meet at Exeter

Evie Wood

Oct 20, 2022

Boys Cross Country Prepares for Major Upcoming Andover vs. Exeter Meet

This Saturday, 43 runners from Andover Boys Cross Country competed at the Phillips Exeter Academy Invitational. Andover placed second overall out of Exeter, Northfield Mount Hermon, and Deerfield Academy. Tam Gavenas ’25 pushed Andover ahead by finishing in second place. The Exeter Invitational was an opportunity for Andover to inspect the course for the upcoming Andover/Exeter (A/E) meet. According to Magnus Julin ’25, Exeter’s course proved to be deceiving, with various inconsistencies on the trail, forcing runners to focus more deliberately on pacing.

“[The course was] very flat and often very close to water, so it gets very mucky in areas which is the downside. Over the weekend, there were a couple of spots that got really muddy... There were two loops that comprised the course. The first a series of woods trails and the second was across the place that you started,” said Julin.

Nathan Neu ’26 highlighted an important rule that the team has to follow, which is not wearing a watch to track your progress. With a watch on, many racers were able to easily follow a certain pace throughout the race, but without one, individuals are able to push themselves and surpass others more naturally. In this race, Neu emphasized his instinctual pacing.

“I’d say I did well in this race with passing people, staying in the game. My mind was in the right place for this race. I think everyone started out a little too fast this race, and a lot of people fell back... The second mile went out a little bit too slow. I sped up. On this race where you have sidelines you’ve got to look at the people in front of you and you’ve got to take into your mind that those are the people you have to pass. Those are the people that are going to lead you to a better time,” said Neu.

Andover prepares for meets in a variety of ways. Beginning each race with a walk-through of the trail, Head Coach Patrick Rielly breaks down the course into different sections, and suggests ways to pace through the course.

Neu said, “He talks us through strategy and what we can do to pass people or to run faster and make sure we don’t fall behind. That definitely helps a ton before the race because this is a course

for many people who have never run before. [This helps] especially for Juniors like me who are new to this school and new to trails.”

As a Junior, David Song '26 emphasizes the importance of keeping his momentum going and staying concentrated during races by listening to Coach Rielly's advice. Coach Rielly utilizes different techniques to drive runners to grow and develop a strong mindset.

Song said, “The biggest challenge is staying in it during a race. Staying positive and staying present and making sure you don't lose motivation... Our coach always gives us a word to focus on [similar to] a 'word of the day.' One of the previous ones has been 'focus' and yesterday's was 'compete.' Having some sort of word or phrase to think about while you're running is helpful.”

The team's morale is high for the upcoming A/E race. According to Constantine Krenteras '24, despite no one individually performing their best, the team enjoyed running on the Exeter course, and was able to utilize the race as a stepping stone towards success during A/E.

“It felt fast, it felt smooth, definitely probably one of the easier courses we've run this season. [In] the end, no one really set a personal record... This was designed to be a slower week because it's one of our last harder weeks of workout before we taper for the Championship Season,” said Krenteras.

Andover Boys Cross Country will face Exeter away on Saturday.

Ophelia Lee
Oct 28, 2022

Boys Cross Country Looks to “Leave it on the course” Against Exeter



Looking to extend its win streak heading into Interschols, Andover Boys Cross Country is concentrated on challenging Phillips Exeter Academy in this upcoming Andover vs. Exeter Meet.

According to Robert Budinski '26, the team is focused on improving individually. Exeter's course will be the only course this year that Andover runs twice on, which allows runners a chance to reflect back on challenges and overcome them

Budinski said, “We are not necessarily super focused on beating Exeter, I mean we would love to beat Exeter... I think the main emphasis that Coach Rielly put on the races is everyone going out there running their best, and running their hardest and getting as many people to run their personal best as they can.”

Head Coach Patrick Rielly shared that all he is hoping for from his runners is for them to give their best effort.

“Our mentality against Exeter, as always, will be ‘Leave it on the course’. I want all of our runners to cross the finish line knowing they've given their best effort. If they do, then we'll have a lot to be proud of and celebrate,” said Coach Rielly.

Two weekends ago Andover had a Quad Meet at Exeter where the weather perpetuated slower race times. This time, Andover looks forward to racing with more ease, shared Coach Rielly.

“We were lucky to see Exeter's home course last weekend, so our team will know Exeter's course much better for Andover-Exeter. Exeter's course is much flatter than ours, so our runners will have to avoid getting disconnected in the many winding trails in the Exeter woods,” said Coach Rielly.

Siiso Daaud '23, who raced placed third for Andover in the Exeter Invitational, shared about Andover's systematic plan going into the A/E Meet. The importance of such systems allow a diverse selection of runners to help each other.

Daaud said, “We basically [pair] up, and be in a pack when you are running so they motivate you, and so you have people you know around you to push you. I feel like we didn't have a lot of focus on that prior to the Exeter race. Today, we were training in a pack or in pairs to get a feeling on how

we would do in the Exeter race, so I think that will be a huge part of it, to be with someone and not feel like you are running on your own.”

Andover looks forward to racing against Exeter this Saturday.

Meg Stineman

Nov 4, 2022

Despite Falling to Exeter, Boys Cross Country Showcases “Camaraderie” and “Team Spirit”

In its second encounter with Phillips Exeter Academy, Andover Boys Cross Country fell 21-38, its first dual meet loss this season. The team’s dual meet record now stands at 3-1.

Running head-to-head with an Exeter runner for the entirety of the Junior Varsity race, Sebastian Lemberger ’25 just barely edged out the runner in the final 200 meters. Despite the team’s loss in the Varsity race, Lemberger led the team to a 26-29 Junior Varsity win. Lemberger felt that the last mile of Exeter’s course, which lined the perimeter of an open field, allowed for the perfect opportunity to spot and pass opponents.

“The third mile is very important on the course, because Exeter’s course is tricky, in that it sort of deceives you into going really fast on the first mile, and wasting all your energy. It’s also hard to pass people throughout the course, so the third mile is the best time that you have for passing. So in general, in all races, that was a fairly crucial stretch of the course. It was definitely important in my race, because I had a big pass at the end,” said Lemberger.

Max Huang ’24 explained that the team’s strengths against Exeter lay in its team dynamic. When not racing, members of the team supported one another by enthusiastically cheering along the course, according to Huang.

“I think [our] strengths [are] just the overall team spirit and the camaraderie on the team. Everyone is super supportive of each other. Both in practice, and then also during the races. We’re cheering each other on, even if its people in the JV race, Varsity race, or the Girls JV race, or the Girls Varsity race. We’re all just cheering each other on, just being super supportive,” said Huang.

After its second place finish to Exeter two weeks prior, the team focused its efforts on speed work heading into Saturday’s dual meet. Through race simulation in workouts, the team hoped to improve on its foot speed in the final portion of the race, according to Krenteras.

“At this point, the bulk of our training had already been done. So it was mainly speed work leading up to this. We were actually at Exeter two weeks ago for a quad meet, and out of fourteen finishes that were within three seconds of other Exeter runners, I think we only won five. So we did a lot of speed and endurance work... to simulate doing that last kick at the line so [we could] beat that Exeter runner,” said Krenteras.

Lemberger also noted the switch to more speed-focused work in the team’s training plan. In addition, the team began its taper leading up to Andover/Exeter (A/E), which prioritizes faster, higher-quality workouts rather than longer mileage during practice.

“Towards the beginning of the season, our training was based on aerobic capacity and stamina. As we get closer to the end of the season, in this last full team meet and Interschols, we’ve moved more towards speed work and trying to get better starts and finishes, getting more high-speed effort into our races. So that’s what we’ve been working on leading up to this,” said Lemberger.

Saturday’s Varsity race only included fourteen runners total, the smallest field out of any meet this season. To be competitive in its championship meet next week, Lemberger believes the team needs to reduce the time gap between the team’s first and seventh runners, which can be achieved through better pack running.

“Our big weakness is probably just that there was a very large gap between our... fastest varsity runners and our other varsity runners... Often, when facing off against teams like Exeter that have

all their runners within a relative middle-ground with their fast people, this can sort of put us at a disadvantage. Because yes, we have some inhumanely fast people, but our Varsity team is very dispersed in terms of speed. I think that's something that we can work on," said Lemberger. Boys Cross Country will race at the NEPSAC Division I Cross Country Championships hosted at St. Paul's, on Saturday.

Evie Wood
Nov 11, 2022

Tam Gavenas '25 Qualifies for Champs Sports Cross Country Nationals



Placing ninth at the Champs Sports Cross Country Northeast Regional on November 26, Tam Gavenas '25 earned himself a spot in the National Championship race. Gavenas was the youngest of ten to qualify from the region.

Gavenas battled in a tight race against two other runners, outrunning both of them in the final 200 meters of the race with a time of 15:44.0. Gavenas reflected on how the support from his teammates and the preparation from his coach helped him push

harder than he had ever had.

"It was a tough position for me because it was all mental... [11th place] was the only thing I didn't want to get. It was just a long battle... and I hadn't realized in that race what my potential was. It was just like you got to stick to it, make your move in the last 200 meters, finish well. If it wasn't for my teammates being there and my coach preparing me, I definitely wouldn't have had that mindset, and my legs wouldn't have felt strong enough to finish strong," said Gavenas.

Alongside Gavenas, Max Huang '24 and Robert Budzinski '26 represented Andover at the Northeast Regionals. Huang, placing 44th with a time of 16:47.9, noted how the start of the race differed from what the team was typically used to, forcing him, and his teammates, to adjust accordingly.

"I expected the race to go out super fast, and it did. It was basically an all out sprint for the first minute of the race with everyone jostling, and there was a sharp turn 400 meters into the race. The start was really fast, and then after that, it was about settling, finding your rhythm. I tried to keep passing people throughout the race. On the hills, I was just like, pass one person at a time and work my way up," said Huang.

Held at Van Cortlandt Park in the Bronx, New York, the Championship regional race featured 137 runners from 12 different states. According to Budzinski, who placed 37th in the Freshman/Sophomore race, many spectators lined the course to cheer on and motivate runners, alleviating the pressure and nerves of the race.

"This is a high stakes, populated meet. The energy is definitely very serious, but also people are really cheering hard for people. I was watching Tam come down the final stretch, and he was in a battle with these two other kids. It was very visible that this was the hardest all three of them had ever ran to try and qualify. People were screaming, and it was pretty crazy energy for that race," said Budzinski.



Last year, Gavenas won the Northeast Region's Freshman/Sophomore race. After improving by 63 seconds on the same course, Gavenas credited this year's success to teammates Avin Ramratnam '24, Lundeen Cahilly '24, and Glen Cahilly '23, who traveled to New York to provide support.

"It's a lot about motivation. If I hear someone screaming at the top of their lungs cheering for me, I'm like, 'Okay, I can't let this person down. They really believe in me,'" said Gavenas.

Despite facing an injury early in the season, Gavenas recovered and served as the team's frontrunner for the rest of the regular and postseason. Budzinski emphasized how qualifying for Nationals was a goal that Gavenas had been

working towards since the summer.

"Tam works really hard. I mean, you can see it in his face when he runs. He gives a ton of effort into it. He dealt with a little bit of injury at the beginning of the season, but then he came back and was working really hard. He's the fastest on our team, so he's always leading our team in the races. I was definitely really happy for him because I know he really wanted it. I had talked to him over the summer, and he had said that was his goal," said Budzinski.

Huang shared a similar reaction to Gavenas' qualification.

"I knew he was going to be up there contending for top ten. Obviously, I was quite a bit behind him in the race, so when I finished, I looked over at the tent. There's a tent where the ten people that qualified were in. I looked over, and I saw Tam, and that just put a smile on my face. I was hurting from the race, but to see that Tam qualified, I was so happy for him," said Huang.

Gavenas hopes to stay injury-free in the two-week period leading up to Nationals. As just one of two sophomores who will be in attendance, Gavenas wants to use the race as a learning experience for future large-scale races.

"No injuries, that's the one thing [in preparation for Nationals]. Training with the team, mostly focusing on what I can do best or better. I'm only a sophomore, so it's just a lot about placing wherever I can be," said Gavenas.

The Champs Sports Cross Country National Championship will be held at Balboa Park in San Diego, California this Saturday, December 10.

Angie Lucia

Dec 8, 2022

Girls Cross Country 2022

Head Coach: Keri Lambert

Assistant Coaches:

Captain: Ashley W. Song

Overall Season Record

See Schedule

Letter Winners: Tasha Bohorad, Vanessa Fan, Carolina Gomez Recio, Emma E. Hagstrom, Chloe A. Kindangen, Naima L. Reid, Alison Schneider, Ashley W. Song, Chloe H. Song, Yasmine Tazi, Kendall E. Toth, Amelia H. Vinton, Lily V. Williamson, & Emily H. Wu

Award Winner: HALLOWELL CROSS COUNTRY CUP - Ashley W. Song

Girls Cross Country

2022 Schedule and Results

Sat	09/24/2022	Cross Country G	Manchester Invitational	A	10:00 AM	8 out of 25		
Sat	10/01/2022	Cross Country G	N.M.H. Invitational	A	4:45 PM	4th		
Sat	10/08/2022	Cross Country G	Choate	A	2:30 PM	29-26		L
Sat	10/15/2022	Cross Country G	St. Paul's/Austin Prep	H	4:00 PM	23-32,30-25	W	L
Sat	10/22/2022	Cross Country G	N.M.H./PEA	A	3:00 PM			
Sat	10/29/2022	Cross Country G	Deerfield not in 22	H	2:00 PM			
Sat	11/05/2022	Cross Country G	Exeter	A	3:35 PM	40-19		L
Sat	11/12/2022	Cross Country G	INTERSCHOLS	A	1:45 PM			



Phillips Academy Girls Cross Country 2022

Isabella Alvarez Martinez	2023	Lexington, MA
Tasha P. Bohorad	2026	Orwigsburg, PA
Suhaila I. Cotton	2024	Cambridge, MA
Vanessa Fan	2023	Andover, MA
Kevin I. Flores Blackmore	2023	Mexico City, MEX
Sophia Geng	2025	Oakville, ON
Carolina Gomez Recio	2023	Colmenar Viejo, ES
Winnie Gong	2026	North Reading, MA
Emma E. Hagstrom	2025	Reading, MA
Lila A. Hernandez	2025	Winnetka, IL
Chloe A. Kindangen	2023	Jakarta, ID
Dilnawa D. Kizghin	2025	Lincoln, NE
Katerina Kokkotos	2025	North Andover, MA
Rebecca A. Koleth	2026	Andover, MA
Kennedy C. Leach	2025	Phoenix, AZ
Lydia A. Palmer	2023	Princeton, NJ
Audrey E. Powers	2024	Andover, MA
Naima L. Reid	2025	Kilchberg, CH
Emily E. Ryan	2025	Rumson, NJ
Alison Schneider	2026	Andover, MA
Serafina B. Shin-von Nordenflycht	2025	Seattle, WA
Ashley W. Song *	2023	Lexington, MA
Chloe H. Song	2026	Lexington, MA
Sophie M. Staii	2025	Andover, MA
Maya L. Tang	2023	Tallahassee, FL
Yasmine Tazi	2024	Casablanca, MA
Kendall E. Toth	2024	Salem, NH
Patricia A. Tran	2024	Glenelg, MD
Amelia H. Vinton	2023	Palo Alto, CA
Zoe A. von Eckartsberg	2026	San Francisco, CA
Lily V. Williamson	2025	Santa Monica, CA
Evie M. Wood	2025	Andover, MA
Emily H. Wu	2025	Beijing, CN
Emelia K. Yang	2024	Sacramento, CA
		*Captain

Coach: Keri Lambert

Assistant Coach: Allie Booth, Andrea Thompson, & Elizabeth Meyer



Girls Cross Country 2022 Highlights

SEPTEMBER 24, 2022

Cross Country GV at Manchester Invitational

GXC KICKS OFF THE SEASON AT MANCHESTER INVITATIONAL

Phillips Academy Cross Country kicked off its season at the Manchester Invitational in New Hampshire on Saturday 9/24. About one-third of the team traveled to the large invitational at the historic Derryfield Park, where on the Girls' side Andover raced in the Girls Small School Varsity race (placing 8th out of 25) as well as the Girls JVB race (no placement due to small size of JV squad).

Full results from the meet directors can be found [here](#). We had several fantastic highlights:

- Emma Hagstrom '25 earned a new personal record, a full 20 seconds faster than her Fall 2021 personal best time
- Tasha Bohorad '26 and Zoe von Eckartsberg '26 both ran their first-ever XC 5ks, placing third and fourth respectively for the team!
- Chloe Kindangen '23 and Yasmine Tazi '24 both earned major personal records, taking 0:45 and 1:29 off their 2021 personal bests respectively!
- And more! Everyone who raced displayed a toughness and tenacity that will no doubt continue to pay off in the weeks ahead.

Beyond race results, PAXC showed camaraderie and positivity in the face of a tough course and talented competition. Andover athletes kept their cool and seized the opportunity to race with joy and gusto. It's clear that the team is excited to work hard to continue to improve this season. This meet was just the start, and an auspicious one at that.

The racing roster will expand in the coming weeks, when all of PAXC will get the chance to rep Big Blue. PAXC will compete next at the NMH Invitational on Saturday 10/1 in Gill, MA.



OCTOBER 1, 2022

Cross Country GV at N.M.H. Invitational

GIRLS CROSS COUNTRY PLACES 4TH AT NMH INVITATIONAL

Phillips Academy Cross Country traveled to Northfield Mount Hermon on Saturday 10/1 to take on four other schools at the NMH Invitational.

Led by 10th grader Emma Hagstrom '25 who finished the tough 5k course in a time of 21:17, the girls' team placed 4th in both the Varsity and the JV races. Full results can be [found here](#).

Unfortunately, the team competed without several of its frontrunners, including two who placed in the team's top four last week (at Manchester Invitational) as well as three others who earned Varsity recognition last Fall as some of PAXC's top athletes. The team hopes to have its full squad back in action not before long.

PAXC will compete next weekend at Choate, where the boys' team will race at 2pm and the girls' team will race at 2:30pm.



OCTOBER 8, 2022

Cross Country GV at Choate

ANDOVER FALLS TO CHOATE IN DUAL MEET; TEAM LOOKS AHEAD TO FAMILY WEEKEND HOME MEET

Saturday 10/8 was the perfect Fall day for a Cross Country race on Choate's course, which winds around a meadow, through wooded trails, across a bridge, and up some steep hills. Despite the busyness of midterms this past week, PAXC nevertheless approached the meet with upbeat attitudes and focused poise.

Although the Choate Girls' team took the victory by a narrow margin of 3 points—26 to 29—there were still several positive takeaways from PAXC's performance at the meet. Emma Hagstrom '25 continues to impress, earning 2nd overall as a Lower. PAXC's other Varsity scorers—Tasha Bohorad '26, Maya Tang '23, Vanessa Fan '23, and Yasmine Tazi '24—claimed 3rd, 5th, 9th, and 10th respectively. Out of the twelve athletes who raced for Andover, 11 ran season-best times. Overall the Girls' side of PAXC continues to struggle with injury and sickness setbacks. In the coming weeks, the team hopes to see the return of at least four athletes who will vie for spots in the top varsity seven. PAXC looks forward to having many more athletes line up on the starting line next Saturday, when we host St. Paul's and Austin Prep at home for family weekend.

OCTOBER 15, 2022

Cross Country GV vs St. Paul's

W 23-32

ANDOVER RACES TO A WIN AND PERSONAL BESTS ON FAMILY WEEKEND

Phillips Academy Cross Country had a fabulous day on the Great Lawn on Saturday 10/15, when friends, families, and alum came out to cheer on the Big Blue as they faced off against St. Paul's and Austin Prep. With clear skies and mild conditions, the team couldn't have asked for better weather for their only home meet of the season.

GXC saw the return of numerous team members who have struggled with injuries and sicknesses this season. As a result, more Andover athletes (17 total) raced on Saturday than at any other meet this season, with nine earning personal bests.

PAXC claimed victory (23-32) over St. Paul's and fell narrowly (30-25) to Austin Prep.

Leading the way for the Big Blue was Emma Hagstrom '25 with a 36 second personal record. After that, Kendall Toth '24, Tasha Bohorad '26, captain Ashley Song '23, and Chloe Song '26 all finished within 29 seconds of one another to round out the team's top five. Ninth grader Zoe von Eckartsberg '26 and senior Maya Tang '23 completed the team's Varsity seven.

For JV, Big Blue likewise took the win over St. Paul's (23-34) but lost to Austin Prep (28-27).

OCTOBER 15, 2022

Cross Country GV vs Austin Prep

L 30-25



OCTOBER 22, 2022

Cross Country GV at Exeter Invitational

PAXC EARNS 2ND IN A STRONG FIVE-TEAM FIELD

Phillips Academy had one of its strongest showings of the season this past Saturday 10/22, when the team raced at Exeter Academy against Exeter, Deerfield, NMH, and Montrose. GXC came in second place in the girls' Varsity and JV races.

Full results can be found [here](#). PAXC will return to Exeter once again on 11/5 for its annual A/E dual meet.

NOVEMBER 5, 2022

Cross Country GV at Exeter

L 40-19

ANDOVER FALLS TO EXETER IN FINAL DUAL MEET OF YEAR

Phillips Academy Cross Country traveled to Phillips Exeter Academy for the second time this past Saturday 11/5. The weather was unseasonably warm and humid--comfortable for fans but perhaps less than ideal for racers. The meet featured three races-- Boys' Varsity at 3:15pm, Girls' Combined Varsity/JV at 3:35pm, and Boys' JV at 4pm. In all Andover claimed victory in one-- Boys' JV-- of the day's four contests.

Emma Hagstrom '25 led the way for Big Blue on the girls' side. After that, sisters Ashley Song '23 and Chloe Song '26, Tasha Bohorad '26, Naima Reid '25, Maya Tang '23, and Chloe Kindangen '23 rounded out the Varsity seven (scoring 4th, 2nd, 3rd, 5th, 6th, and 7th for the team respectively).

The final girls' varsity score was Exeter 19, Andover 40.

The final girls' JV score was Exeter 17, Andover 44. Andover's top JV placers were Vanessa Fan '23, Amelia Vinton '23, Emily Ryan '25, Carol Gomez '23, Lily Williamson '25, Alison Schneider '26, and Emily Wu '25.

The team will race one final time this season in the NEPSAC Division 1 Cross Country Championship on Saturday 11/12 at St. Paul's School.



Girls Cross Country In The News

Head Coach Keri Lambert Emphasizes Inclusivity and Steady Improvement in Girls Cross Country Team



After the team's third place finish at Interschols last season, Andover Girls Cross Country Head Coach Keri Lambert returns once again to create a welcoming environment for students varying in running experience, fulfilling the variety of goals team members may have. Home to 35 runners, members of the team come with a range of experience in running. According to Lambert, her priority is to

cultivate an inclusive and friendly team environment.

"As a coach, I strive to meet students where they are so that Cross Country can be as welcoming a sport as possible, no matter a person's fitness level or experience with running. Team members come into the Fall Season with a vast array of goals; some hope to attract interest from college coaches, others hope to simply race their first ever 5k and make good friends along the way," wrote Lambert in an email to *The Phillipian*.

According to Captain Ashley Song '23, Lambert's commitment to the team is evident, whether that may be through emphasizing team values or initiating separate conversations with runners.

Song said, "During preseason, we did a lot of work talking as a team about what we want in this shared space between the Girls and Boys teams...Coach Lambert took the time to take notes during the Girls team conversation/meeting and typed up summary notes afterward, which I've kept. I think it speaks to her dedication not just to the sport but to the community and team."

With half the team being lowerclassmen, Lambert wants to create a space where everyone feels comfortable expressing themselves and showcasing their talents. Lambert hopes to further develop the depth of the team in order to place at the championship meet at the end of the season.

"This year PAXC [Phillips Academy Cross Country] has a ton of young energy and talent, so I'd like to nurture that and help these new team members establish good habits and mindsets that will serve them and the team well in years to come. Competitively, this is a rebuilding year for the Girls team, so I hope to see folks commit to getting a little bit stronger every day with the hopes of finishing in the top three at our championship meet in November," wrote Lambert.

Lambert continued about the diverse community of runners in PAXC, and how there is something for everyone in the sport. According to Lambert, being on a cross country team can help one develop healthy habits and skills crucial to life outside the sport.

"No matter the person and their aspirations, though, I hope that what they're taking away from the sport is a strong sense of the importance of balance—balancing hard workouts and recovery runs, balancing having fun and staying focused, balancing academics with athletics, balancing being competitive while not taking yourself too seriously, balancing being ambitious without tying your worth to your successes or times, etc. So much of being a good Cross Country runner is learning how to listen to and respect your body (and soul!) in order to balance its many needs and wants," wrote Lambert.

Song elaborated on Lambert's care for her runners. At the end of the day, Lambert prioritizes health over performance, according to Song.

"Coach Lambert has been making sure we stay on the safe side, always trying to keep small injuries small. I'm glad that she's been so sensitive and receptive about this side of things," said Song.

In the future, Lambert is looking forward to seeing both Boys and Girls Cross Country teams unifying as one program. She hopes to see both teams grow stronger not separately, but as one team together.

“I hope that PAXC continues to merge its Boys and Girls teams so that we are one more united program. I really believe that all-gender athletics spaces can be profoundly beneficial in a ton of ways, so I’m committed to seeing our athletes embrace working together and supporting one another as much as possible,” wrote Lambert.

Evan Curtin
Sep 23, 2022

Ashley Song '23 Leads Girls Cross Country With A ‘Loud And Vibrant Personality’

For Andover Girls Cross Country Captain, Ashley Song '23, running stride-for-stride behind Claire de Saint Phalle '22 in last season’s championship race is her favorite cross country memory to this day. This season, she hopes to cultivate a team with similar support systems, where runners of all levels have inclusive teammates to run alongside.



Song began running in sixth grade on her middle school track team; however, she made the switch to cross country just a year later, mostly for the more noticeable team environment. Despite her extensive running experience, Song still empathizes with the newer members of Andover’s team.

“As a leader, I do well by connecting with people and making people feel included. My biggest thing is inclusivity. Reaching out to people saying ‘hi,’ even though you don’t know them very well, especially with the freshmen and the lowerclassmen. Because I’ve been in their place before, I know what it’s like, and I’m willing to step out of my way to try to make them feel more

comfortable by striking up a conversation with them,” said Song.

Though only being on the team for two weeks thus far, Dilnawa Kizghin '25 has found her transition to the new environment smooth, in great part due to Song’s constant presence.

Specifically, Kizghin appreciates Song’s approachability.

Kizghin said, “Well, I haven’t been on the team for long, but from what I can see, I think that she’s very welcoming, and she’s very nice. I definitely do feel comfortable around her. And I am willing to work.”

According to Song, one of the challenges that comes with being the only captain of the team is the immense energy and action she must put into the team. Though she realizes being tired is a natural response, she hopes to become more comfortable leading a team of 30 runners throughout her captaincy.

Song said, “I never realized that I had a social battery. I thought that it was unlimited, but it’s draining. I get tired after practices now.... I guess I’m just not the kind of person who could give an endless amount of energy.”

Ashley Vinton '23, however, believes one of Song’s greatest strengths is the amount of energy and enthusiasm she brings to practice everyday. Vinton shares similar sentiment to Kizghin, highlighting Song’s care for every person on the team.

“Every day she shows up, and is there to run, and is checking in with people.... She’s a very loud and vibrant personality, which I think is really good for a cross country captain because sometimes it can be a really big program. And so being like, a loud person can help with that. But she’s also very compassionate. She genuinely cares what’s going on and she just wants to make sure that everybody’s okay and is having a good time. She’s always been the one cheering the loudest in the past seasons and she cheers for every single person. I think it’s just kind of her spirit,” said Vinton. Song acknowledges that many members of the team are trying cross country for the first time.

Despite the wide range of experience and commitment levels on the team, Song strives to create a joyous community for all.

“I think the quality I try to uphold as a leader because I think it’s so important is to foster a community because not everyone comes [to Andover with] cross country experience. Like many try

it for the first time and not all of them are coming to be very competitive. Some people just want a community, they just want a group to stick with. I want to be able to provide that for them,” said Song.

Moumita Dighol
Sep 23, 2022

Underclassmen Lead Girls Cross Country at Manchester Invitational

In a deep field of 25 teams, Andover Girls Cross Country placed 8th at the Manchester Invitational Meet. Led by Emma Hagstrom '25, who placed 20th individually with a time of 20:55, the team's following six finished within just over a minute of each other.

Head Coach Keri Lambert described the difficult terrain of the course. Despite the challenges, Coach Lambert valued the team's ability to maintain a positive mindset and support each other. “GXC had a great day at Manchester Invitational. The course there is pretty tough due to several very steep hills, yet everyone stayed really upbeat leading up to their races, and there was just generally a great deal of joy and camaraderie among all the athletes, who seemed grateful to have the opportunity to compete at such a big invitational.” wrote Coach Lambert in an email to *The Phillipian*.

Co-Captain Ashley Song '23 noted the various mental obstacles she faced during the race. According to Song, a change in her mindset allowed her to persevere through the course.

“I felt proud of my work this meet, and I think it went well. I finished the course, and it happened to be a whole lot less difficult than I had imagined, which is always great. The reason for this though, is because I kept thinking, ‘I’m just going to have fun with this,’ which eased off the pressure immensely and allowed me to focus on getting through this notorious course,” wrote Song in an email to *The Phillipian*.

Tasha Bohorad '26 shared a similar sentiment to Song and described the unexpected challenges she faced. According to Bohorad, the support of her teammates helped carry her throughout the race and to the finish line.

“I placed 54 out of 183 in the small school Girls Varsity race with a time of 22:20. For my first meet, the race went really well. I think the hills were less difficult than I expected them to be, but the race itself was more difficult than I expected. It was a challenge to stay focused during the entire race... I don't think I could have pushed as hard as I did in the first or third miles if I didn't have the support I did from my teammates,” wrote Bohorad in an email to *The Phillipian*.

Coach Lambert highlighted how Hagstrom's summer training translated to success on the course. With five out of the nine competing runners being underclassmen, Coach Lambert is optimistic for the season ahead.

“Emma Hagstrom '25 led the team with a new 5k personal best of 20:55, which really reflects the hard work she put in over the summer, when she showed outstanding dedication following a week-by-week PAXC training plan. New students Tasha Bohorad '26 and Zoe Von Eckartsberg '26 placed third and fourth for the team respectively, and neither had ever run a cross country 5k before,” wrote Lambert.

The course's steep elevation gain proved to be a significant challenge for many runners. Moving forward, Bohorad aims to work on maintaining her speed throughout the race and use hills to her advantage.

Bohorad wrote, “In the future, I plan on working on keeping a faster and more consistent pace in mile two, pushing uphill and downhill to get ahead, and trying to find people in the race to keep up with or surpass.”

Andover will race at the Northfield Mount Hermon Invitational Meet this Saturday.

Evan Curtin
Sep 30, 2022

Limited by Inexperience and Injury, Girls Cross Country Places Fourth At NMH Invitational

Emma Hagstrom '25 placed seventh individually in a field of five teams with a time of 21:17, leading Andover Girls Cross Country to a fourth place finish at the Northfield Mount Hermon (NMH) Invitational on Saturday.

With only a select few runners participating in the Manchester Invitational last week, the NMH Invitational provided the whole team a chance to race. According to Co-Captain Ashley Song '23, the team's primary goal was to get a feel for competing and persevere through NMH's difficult course.

"I think the overall attitude is that this is a first meet and NMH is really hilly. It's a relatively tough course, so I think finishing was a big win for a lot of people, especially since this is our first full team meet, because our first one was Manchester last weekend.... So I think for a lot of the team, it was just finishing this course or this race... not checking off, but just finishing your first meet of the season, first 5k of the season.... [Running in packs] was a goal for this meet, but also a goal in general, to kind of find comfort while you're running through the people around you and knowing that you can do it because the people around you can," said Song.

Many runners were unable to compete due to injuries, and others faced challenges overcoming the mental and physical battles of their first 5k race, according to Tasha Bohorad '26. Despite competing shorthanded, Bohorad applauded the team's efforts.

Bohorad said, "I think our team did really well in the invitational. A lot of girls were injured, so it was pretty tough not having everyone there that we could have had. But with the people we had, I think we raced pretty well.... Most of the team is underclassmen, so a lot of people haven't run a high school 5k, which made it difficult. But overall, I think everyone did really well."

Bohorad highlighted the effort and execution of Kendall Toth '24, specifically praising her tenacity and perseverance. Toth has recently returned from a back injury and is readjusting to the demanding nature of the sport.

"Definitely Kendall [stood out to me]. It was her first race back from injury and she has been recovering and really pushing hard and practicing. She's my running buddy, so I run with her all the time. I'm really happy that she got to run. She had a great time," said Bohorad.

According to Song, the team needs to work on maintaining concentration moving forward. Song emphasized team focus and being mentally present during practice and prior to races as key areas for improvement.

Song said, "I think something Coach Lambert noted was near the beginning of the race... where we got distracted a lot [on the course walk], and we just needed to focus more. Something Coach Richie said was, just being in the moment and trying to work towards the whole team being on the same wavelength in a sense, and not having everyone distracted doing their own thing. So I guess a big thing is mindset, and just focusing more on that moment, and not getting carried away by other things."

Andover Girls Cross Country will face Choate away on Saturday.

Sarah Katib
Oct 7, 2022

Girls Cross Country Defeats St. Paul's, Falls Short to Austin Preparatory School

Four Andover runners placed in the top ten out of a field of nearly 50 as Girls Cross Country competed against St. Paul's and Austin Preparatory School (Austin Prep) in its only home meet of the season. The team defeated St. Paul's by nine points but fell short to Austin Prep by five, bringing its dual meet record to 1-2.

According to third place finisher Emma Hagstrom '25, many Andover parents brought strong and supportive energy to the race. Additionally, the team made sure to recognize the Seniors in their last home meet at Andover.



“The energy was super high going into Family Weekend and knowing that we had everyone supporting Andover and all the people really helped us do our best. For the Senior meet, we had posters and it was super fun to reflect back on all the fun memories we had with our Seniors. Celebrating them was super fun just for the meet,” said Hagstrom.

Besides the energy of the spectators, the energy of the team itself was crucial to the outcome of the race, according to sixth place finisher Kendall Toth '24. Toth emphasized the

importance of balancing fun and focus.

“[One of the team’s strengths is] community. We definitely do it for each other, we push each other. The love that we have [for each other], and the love we have for the sport really helps us. We run a lot better when we have fun and this team really has a lot of fun,” said Toth.

According to Carol Gómez '23, the start of the race was nerve wracking, but as the race settled down, opportunities to pass fellow racers appeared. One landmark she used was Heartbreak Hill, which served as a signal for her to begin speeding up.

“Definitely, the start was really stressful because everyone was going really fast. Also, I think Heartbreak Hill was a crucial moment for me because that was when I started going faster for the third mile, and I passed some of the other racers,” said Gómez.

Leading up to the race, the team worked on getting familiar with the course. Seventh place finisher Tasha Bohorad '26 stressed the importance of getting a feel for her race pace prior to the meet.

“We ran the course for every workout this week, so we knew it really well. I think what stuck with me is that we did 1,000 [meters] at the end of the course and the beginning of the course, so we knew what that 5k pace felt like, we knew the pace numbers. That really helped me in the training this week,” said Bohorad.

After falling short to Austin Prep, the team is looking to use the loss as motivation to improve heading into its next races. According to Toth, although the team won’t race against Austin Prep again this season, the loss is more of a reason to push harder against other teams in the future.

“Austin Prep has a really good program, and unfortunately we won’t see them later on in the season, but we know that we’re coming for them next year, and we’re going to use that as motivation to run faster next week against other teams, and just use that to fuel our fire that we got going on,” said Toth.

Moving forward, the team hopes to improve its middle mile. According to Bohorad, despite running well at the beginning of the race, one of the areas that the team fell short in was the middle and tail-ends of the race.

“In the future, I think everyone had really good kicks, so maybe reevaluating paces. Seeing what we can do in the middle mile. Coach Lambert always says, ‘push the middle mile,’ so seeing if we can go faster and then kick a little harder at the end, as well,” said Bohorad.

Girls Cross Country will race against Northfield Mount Hermon, Deerfield Academy, and Phillips Exeter Academy (Exeter) this Saturday at Exeter.

Angie Lucia
Oct 20, 2022

Girls Cross Country Places Second at Exeter Invitational

Andover Girls Cross Country traveled up north to compete against Phillips Exeter Academy, Deerfield, Montrose, and Northfield Mount Hermon (NMH) at the Exeter Invitational on Saturday. Led by Emma Hagstrom '25 placing fourth individually and Tasha Bohorad '26, Chloe Song '26, Co-Captain Ashley Song '23, and Zoe von Eckartsberg '26 each finishing in the top 15, Andover placed second in the quad meet. The team’s record now stands at 2-2.

Emily Wu '25 described the team's feelings and expectations heading into the race. With many runners returning from injury and competing amongst a dense field of runners, the team went in with mixed emotions.

"We were more anxious about this because it's a quad meet, and I wasn't feeling that ready. I was hearing about a lot of changes that were [happening], because a lot of us were recovering from injuries. And a lot of us are trying to get PBs [personal bests] so it was a bit nerve racking, especially when it's that many schools [competing]. It was fun, nervous and exciting," said Wu.

Alison Schneider '26 shared similar sentiments to Wu, noting the high energy going into the race. Schneider emphasized the benefits of a quad meet's larger field.

"I was definitely nervous. It was a quad meet, so four teams including us were there so [there were] a lot of people, but it was going to be fun because the more people there are, my mindset is 'the more people to pass', so it's definitely encouraging," said Schneider.

According to Wu, Andover feeds off its high energy during meets. Wu expressed her enjoyment of the team's encouraging atmosphere.

Wu said, "Andover, our school is always [the] most enthusiastic. At all the team meets, we have Big Blue spirit and we're always the ones that cheer the loudest. Honestly, I love the culture in cross country because we're all so supportive of each other and it feels like you're never alone when you're running."

Tasha Bohorad '26 commented on the strong sense of community within the team.

Bohorad said, "I think in the beginning [of the season], people were really close [and] a lot of my best friends are on the team... it's really great to see how everyone supports each other even when people get injured. It's just a really inclusive community and you can be in any stage of your journey, or any journey, and still feel included and everyone is trying their hardest."

Andover Girls Cross Country will face Exeter away on Saturday.

Eva Murphy
Oct 28, 2022

Andover Girls Cross Country Looks to Rebound from Second Place Finish to Exeter



During what Andover Girls Cross Country describes as its "rebuilding year," the Andover/Exeter meet will serve as the team's final test before the NEPSTA Division I Cross Country Championships (Interschols). With a 1-2 dual meet record, the team hopes to rebound from its second place finish to Phillips Exeter Academy earlier this season.

Co-Captain Ashley Song '23 has fond, personal memories of the storied rivalry. In particular, she reflected back to racing against her Exeter revisit guide in last year's match-up.

"When I revisited Exeter to decide which school to go to, I ran with my revisit because we both did cross country. I remember during A/E we were both pushing each other. That year, it was on our course, and it wrapped around the Great Lawn, and we were really pushing each other on that final stretch. It was grueling, painful, and so invigorating... I think that was a core memory of mine about our rivalry and competition with Exeter. I will always remember that. Because of our schools' relationship, it's like running with someone you know but you also don't know," said Song. Head Coach Keri Lambert wants the team to fully embrace the Non Sibi spirit through pack running.

Coach Lambert feels that the pain of the race will ease with the support of teammates, ultimately producing more desirable results.

"I would like the team to really lean into a pack running mentality. Several of our team members could run most of the race together if they commit to adjusting their paces slightly and sticking with one another. Some gaps will open up in the final mile, but being able to really draw from one another's strength during the first half of a race can make a 5k feel so much more manageable and can lead to faster times. Our racing roster has changed so much from race to race due to injury and

sickness that we haven't been able to really put pack running into practice as I would like, so hopefully this final dual affords us a good chance to do so," said Lambert.

Having already visited Exeter two weeks ago, the team is heading into this Saturday's meet with some familiarity with the course. However, Song hopes that kinder course conditions will lead to more faster races for the team.

Song said, "The day that we ran at Exeter...the course was still pretty soggy, and there were some muddy parts because it was just after rain from two or three days prior. I think that made it a little harder for people to run faster, but Exeter's course is not super hilly. I won't say it's a super fast course but it's a pretty fast course. I'm hoping that people will be able to push a little more, especially because they will be more familiar with the course. I don't know if people will PR or not, but I think everyone will be pushing."

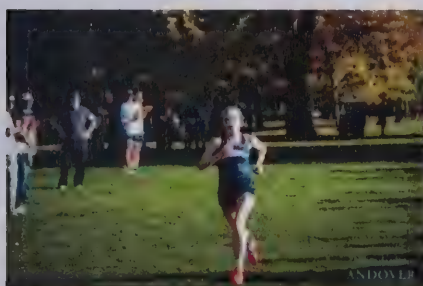
According to Zoe Von Eckartsberg '26, the team's mentality is not just centered around A/E results. Instead, the team also wants to focus on preparing for Interschols the following week, where it will face the defending champions Exeter for the third and final time this season.

"For me personally, I just want to run and have fun. I'm not looking for a specific time or place I want to get. I just want to have fun on the course. As a team, I think we're going to push ourselves a little harder to get ready for Interschols," said Von Eckartsberg.

Andover Girls Cross Country's bout at Exeter will begin at 3:35pm on Saturday.

Henry He
Nov 4, 2022

Overcoming Injury and Sickness, Girls Cross Country Races Largest Roster against Exeter



Andover Girls Cross Country showcased improvement from its first dual meet this season against Choate, despite losing 19-40 to Phillips Exeter Academy (Exeter). The A/E rivalry, held on Exeter's course, puts the team's final dual meet record at 1-3. Out of all the meets this season, Saturday's race featured the greatest number of healthy Andover runners toeing the line. Although they faced numerous injuries and sickness this season, the team consistently checked in on each other, building a

stronger bond and sense of community, according to Amelia Vinton '23.

"There has been a real community around those who have been injured for either the whole season or a short portion of the season. There's been a focus on creating that kind of community and being like 'Hey, how's it going? How's your injury?' Working with other people to get through injuries together. That's been a really powerful part of the team. You work out together, you get better together, but also when you get injured, you're not in it alone. Having that emphasis on recovering together and drawing on strength from your teammate, just as you would if you were running in a workout or a race," said Vinton.

Leading up to the race, the team focused on leaning onto each other for support while running. Lily Williamson '25 highlighted the team's use of the phrase, "spark it," as a way to motivate one another.

"We were working on a lot of group running sort of things. [The coaches] would put us into groups and give us paces to do certain workouts in... We learned how to run in different packs, and use our teammates nearby to motivate us to go faster. It turned into something, [so] that now, whenever we pass our teammates, we say 'spark it' as a way to build motivation for ourselves and our teammates," said Williamson.

The historic A/E rivalry added a layer of competition and excitement to the team's final dual meet of the season. In her first-ever A/E race, Tasha Bohorad '26 enjoyed the lively and positive atmosphere, even though the team was away at Exeter.

"The energy was definitely there, a lot from Exeter adults. They made it really exciting. Everyone was just really excited to race. Especially post-race, a lot of people were talking about A/E and how good the race went. Even if you didn't race well, the environment was really nice, and everyone was cheering for each other," said Bohorad.

Williamson highlighted Bohorad's contributions to the high energy of Saturday's meet, supporting her teammates immediately after finishing her own race. Williamson reflected on how Bohorad's enthusiastic cheering was what helped her cross the finish line.

"[Bohorad has] been a really good source of energy on the team. She's a Freshman, and she's actually one of the most energetic and dedicated people I've ever met. She finished the race and immediately after catching her breath and handing in her popsicle stick when she finished, went out to start cheering for other people. She was the person I heard and saw when I was finishing. She's definitely been such a positive presence on the team, and she's been doing that at every meet. It really stood out at this meet, though," said Williamson.

Girls Cross Country will finish out its season at the NEPSAC Division I Cross Country Championships hosted at St. Paul's on Saturday.

Angie Lucia
Nov 11, 2022

Girls Field Hockey

2022

Head Coach: Kate Dolan

Assistant Coach: Martha Fenton & Taylor Ware

Captain: Keira Harder & Shea Freda

Managers: Andrew Barton, Aidan Fenton, & Leverett Wilson

Overall Season Record

Win	Loss	Tie
15	2	1

Letter Winners: Annabel R. Curry, Kiera A. Reidy, Siobhan E. Reidy, Ava Murphy, Elisabeth M. Ware, Zora S. Warren, Shea R. Freda, Peyton A. Kennedy, Ellie Parker, Keira M. Bruen, Keira Harder, Claire Colvin, Isabelle S. Brown, Molly A. Boyle, Anne C. Averill, Sarah B. Lackley, Lillyanna G. McInerney, Quiana C. Bell, Margaret H. Stineman, Maren F. Boyle, Lucy E. Parker, Avery Rodeheffer, Andrew Barton, Aidan Fenton, William Ware & Leverett Wilson

Award Winner:

ABBOT ACADEMY FIELD HOCKEY AWARD - Kiera A. Reidy

Girls Field Hockey

2022 Schedule and Results

Sat	09/10/2022	Field Hockey V	Rivers	A	3:15 PM				
Wed	09/14/2022	Field Hockey V	St. Mark's	H	3:30 PM				
Sat	09/17/2022	Field Hockey V	Thayer	A	2:30 PM	2-1	W		
Wed	09/21/2022	Field Hockey V	Lawrence Academy	A	3:15 PM	1-0	W		
Thu	09/22/2022	Field Hockey V	Brooks	H	4:45 PM	2-1	W		
Sat	09/24/2022	Field Hockey V	Loomis	A	2:00 PM	3-0	W		
Sat	10/01/2022	Field Hockey V	Tabor	H	4:00 PM	0-2		L	
Wed	10/05/2022	Field Hockey V	Governor's Academy	H	3:00 PM	1-0	W		
Sat	10/08/2022	Field Hockey V	Choate	A	2:00 PM	4-0	W		
Wed	10/12/2022	Field Hockey V	Milton	A	3:15 PM	4-1	W		
Sat	10/15/2022	Field Hockey V	St. Paul's	H	2:30 PM	4-0	W		
Wed	10/19/2022	Field Hockey V	Middlesex	H	3:15 PM	5-2	W		
Sat	10/22/2022	Field Hockey V	N.M.H.	A	4:00 PM	6-1	W		
Wed	10/26/2022	Field Hockey V	B. B. & N.	A	3:15 PM	3-1	W		
Fri	10/28/2022	Field Hockey V	Deerfield	H	6:00 PM	1-0	W		
Wed	11/02/2022	Field Hockey V	Noble & Greenough	A	3:00 PM	1-1			T
Sat	11/05/2022	Field Hockey V	Cushing	A	3:45 PM	4-1	W		
Sat	11/12/2022	Field Hockey V	Exeter	H	12:00 PM	4-1	W		
Wed	11/16/2022	Field Hockey V	Tourney Westy	H	2:15 PM	2-0	W		
Sat	11/19/2022	Field Hockey V	Tourney Greenwich Acd	H	2:00 PM	1-4		L	



Phillips Academy Varsity Field Hockey 2022

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Annabel R. Curry	2025	Chestnut Hill, MA
2	Kiera A. Reidy	2023	Scituate, MA
4	Siobhan E. Reidy	2023	Scituate, MA
5	Ava Murphy	2024	West Roxbury, MA
6	Elisabeth M. Ware	2025	Andover, MA
7	Zora S. Warren	2023	North Andover, MA
8	Shea R. Freda*	2024	Lexington, MA
9	Peyton A. Kennedy	2025	Sudbury, MA
10	Ellie Parker	2025	Andover, MA
11	Keira M. Bruen	2026	West Roxbury, MA
12	Keira Harder*	2023	Arlington, MA
13	Claire Colvin	2023	Winchester, MA
14	Isabelle S. Brown	2023	Charlotte, VT
15	Molly A. Boyle	2025	Scituate, MA
16	Anne C. Averill	2023	Wayland, MA
17	Sarah B. Lackley	2026	Woodstock, VT
19	Lillyanna G. McNerney	2026	North Reading, MA
20	Quiana C. Bell	2026	Lowell, MA
22	Margaret H. Stineman	2025	Chicago, IL
24	Maren F. Boyle	2026	Scituate, MA
30	Lucy E. Parker	2026	Andover, MA
33	Avery Rodeheffer	2025	New Haven, CT

*Captain

Coach: Kate Dolan

Assistant Coaches: Martha Fenton & Taylor Ware

Managers: Andrew Barton, Aidan Fenton, William Ware, & Leverett Wilson



Girls Field Hockey 2022 Highlights

SEPTEMBER 17, 2022

Field Hockey GV at Thayer

W 2-1

ANDOVER OPENS SEASON WITH WIN

On the road at Thayer for the first game of the season, Andover overcame an early 1-0 deficit to score two unanswered goals and earn a 2-1 victory.

SEPTEMBER 21, 2022

Field Hockey GV at Lawrence Academy

W 1-0

ANDOVER EARNS SHUTOUT

While dominating in terms of shots and corners, PAFH was only able to score one goal against an unflappable Lawrence defense, who excelled all game. Credit Andover with its own stellar defense, persistence, and perseverance this afternoon.

SEPTEMBER 22, 2022

Field Hockey GV vs Brooks

W 2-1

ANOTHER CLOSE ONE FOR PAFH

Playing their first home game of the season, PAFH scored two second quarter goals to earn a hard fought win over visiting Brooks. Credit to both teams for an exciting, sixty minute contest.

SEPTEMBER 24, 2022

Field Hockey GV at Loomis

W 3-0

ANDOVER DEFEATS LC

After a long bus ride, Andover netted two first quarter goals to counter a determined and athletic Loomis team. Andover scored its third goal with a strong start to the third quarter drawing a corner and scoring in the opening two minutes. Huge thank you to Loomis for accommodating our travel delay.

OCTOBER 1, 2022

Field Hockey GV vs Tabor

L 0-2

ANDOVER EDGED BY TABOR

Tabor and Andover played a back and forth game for sixty minutes, and Tabor capitalized on their opportunities scoring one goal in the second and one in the third quarter. Andover had nine corners but just couldn't get the bounces it needed today to get on the board.

OCTOBER 5, 2022

Field Hockey GV vs Governor's Academy

W 1-0

LATE GOAL THE DIFFERENCE FOR PAFH

After battling back and forth with a strong, skilled Gova team for 57 minutes, PAFH scored a goal with just under three minutes to play to earn the hard fought win. Credit to both teams for great effort this afternoon.

OCTOBER 8, 2022

Field Hockey GV at Choate

W 4-0

ANDOVER EARNS ROAD WIN

On the road at Choate on a picture perfect fall afternoon, Andover scored in every quarter but the second to secure a 4-0 victory. The goals were from four different scorers, and it was Andover's fourth shutout of the season.

OCTOBER 12, 2022

Field Hockey GV at Milton

W 4-1

STRONG SECOND HALF THE DIFFERENCE

Andover tied the game with 50 seconds left in the first half and then scored three goals in the second half to earn a 4-1 win on the road at Milton. Four different scorers tallied for PA.

OCTOBER 15, 2022

Field Hockey GV vs St. Paul's

W 4-0

FAST START FOR PAFH

With great passing, movement and teamwork, Andover scored three goals in the opening four and a half minutes to set the tone for the afternoon. PAFH added a fourth goal on a corner to close out the first half. The defense played very well to earn the shutout.

OCTOBER 19, 2022

Field Hockey GV vs Middlesex

W 5-2

In their annual "playing for pink" game to raise awareness for breast cancer, PAFH responded to an early one goal deficit by scoring five consecutive goals. Andover scored two goals in the first quarter, two in the second and added another in the third. It was a total team effort with some terrific passing sequences and a lot of determination and grit.

OCTOBER 22, 2022

Field Hockey GV at N.M.H.

W 6-1

Andover scored three first quarter goals to jump out to an early 3-0 lead, and PAFH added tallies in the second and third quarters to earn a 6-1 win. For the second consecutive game, five different scorers registered goals and Andover's goalies were stellar in net.

OCTOBER 26, 2022

Field Hockey GV at B. B. & N.

W 3-1

Playing against a spirited and determined BBN team, Andover earned a 3-1 win with goals coming in the first, second, and fourth quarters.

OCTOBER 28, 2022

Field Hockey GV vs Deerfield

W 1-0

PAFH EDGES DEERFIELD

Under the lights, PAFH edged Deerfield on a goal scored mid-way through the first quarter. Deerfield had the edge in play and possession, but the Andover defense held them to only four shots on goal and earned the shutout. It was a high energy, intense game from start to finish.

NOVEMBER 2, 2022

Field Hockey GV at Noble & Greenough

T 1-1

OT THRILLER!

In a fierce battle between Class A opponents, PAFH and Nobles played to a 1-1 tie. Each team was limited in their offensive opportunities as the defenses battled between the 25's for most of the game. Andover had several good chances down the stretch and in overtime but could not get the finishing touch. Great effort by both teams.

NOVEMBER 5, 2022

Field Hockey GV at Cushing

4-1

A strong third quarter, three goals in about 8 minutes, propelled PAFH to a 4-1 win over a resilient and strong Cushing team.

NOVEMBER 12, 2022

Field Hockey GV vs Exeter

W 4-1

Andover scored in the opening two minutes to jump to a quick lead, but Exeter answered with a goal of their own to tie the game at one. A second quarter goal gave PAFH the edge at the half, and goals in the third and fourth quarters gave the Big Blue the 4-1 win. Credit to both teams for putting forth strong effort and representing their respective schools well in this rivalry game.

NOVEMBER 16, 2022

Field Hockey GV vs Westminster - New England Class A Quarterfinals

W 2-0

After a scoreless first half, Andover tallied goals in the third and fourth quarters to earn a 2-0 win over a fast, determined, and strong Westminster team. While Westy had more opportunities in the first half, PAFH had the edge in the second and did not allow a shot on goal in the second half. Andover will play Greenwich Academy on Saturday in the NEPSAC Class A Semi-finals. Time and location TBD

NOVEMBER 19, 2022

Field Hockey GV vs Greenwich Academy - New England Class A Semifinals at Middlesex School

L 1-4

Despite a strong effort, Andover was unable to overcome a tough third quarter and lost to a talented and skilled GA squad. GA scored first in the opening quarter and Andover answered to tie it at one. A scoreless second quarter followed, and the score remained tied at the break. GA had a run of corners in the third quarter and scored on two. PAFH finishes the season with an exceptional record of 15-2-1. The team is grateful to all the parents and families, fans, alums, and members of the athletic department who supported the team all fall. Thank you!!



Field Hockey In The News

Field Hockey Starts Season Strong with 7-1 Scrimmage Victory Over St. Mark's



Working with a team of twelve new players, Andover Girls Varsity Field Hockey exhibited strong ball handling and offensive production in its most recent scrimmage against St. Mark's. The team's 7-1 victory follows its undefeated New England Preparatory Athletic Council (Nepsac) championship run last season.

According to Zori Warren '23, the team's chemistry is strong despite there being many new faces. She noted that the team bonding events, planned by the captains and coaches, have been instrumental in allowing the players to get to know one another as well.

"Our team this year has great team chemistry, and besides the fact that everyone on the team is just a genuinely nice person, I give a lot of credit to our captains and coaches for facilitating such a welcoming team environment. They have organized team dinners, brunches, and buddy pairs within the team that have brought us all closer together on and off the field," wrote Warren in an email to *The Phillipian*.

Annabel Curry '25 reflected on the scrimmage's highpoints, which most notably included an efficient offense that was productive throughout the entire game.

"The scrimmages are really useful to see how we play as a team. We need to work [under] pressure, and I think it kind of shows that, okay, we can go out here and we can score a lot.... We have a tendency, I think, at least at this point, just taking it one game at a time.... just continuing working on these scrimmages is nice, because we want to see what we need to work on. And those get put into the practice plan. That's where everything's a little bit different, but similar to last year, just focusing, working hard and keep getting better," said Curry.



Co-Captain Keira Harder '23 gave her perspective on future adjustments, noting the importance of building the team's confidence in game-type situations.

Harder said, "I think a couple of things we could work on would probably be like spreading the field a little bit more. And trying to come up with more passing combinations. But even towards the end of today's scrimmage, I was seeing given goes, I was seeing kids trying new things. Like some of our newer kids, we have a couple of kids who are

newer to the sport who have only been playing for a little bit and they were trying new skills in the scrimmage, which was awesome to see. And I love that our team is taking risks, especially in a scrimmage, which is as it should be. And I love that we got everybody in today, which was fabulous as well."

Harder shared her enthusiasm in regards to this season. She believes that if Andover continues to play as a cohesive unit with full effort from everybody, the ceiling will be extremely high.

"It's awesome that everybody's so bought in and really giving 100 percent to the team. So, again, I'm so excited for this season. And I can't wait to see where we go. Because I know we had an unbelievable boost season last year... [and] I am beyond excited for this team to see how far we go," said Harder.

Andover will travel to Thayer for its season opener on Saturday.

Staff Report

Sep 16, 2022

Field Hockey Begins Season with Wins at Thayer and Lawrence Academy

With the score tied 1-1 in the third quarter against Thayer, Andover Girls Field Hockey had a chance to take its first lead of the game with a corner. After two quick passes, Lucy Parker '26 sent the ball across the circle to Ava Murphy '24, who scored the winning goal. The team built on the 2-1 victory on Saturday with a 1-0 win on Wednesday against Lawrence Academy, putting its record at 2-0 to start the season.

Parker credited Co-Captain Shea Freda '24 as one of the key components of the team's success against Thayer. In particular, Freda's versatility assisted the team on both sides of the field.

"Our center back, Shea Freda, is very good at getting the ball up the field, and is always in the play, always helping out attacking and defense. She was a very strong element to both of our goals," said Parker.

Prior to both games, Freda explained that the team has had many opportunities to bond and build chemistry. The tight-knit relationships within the team off the field are crucial to play on the field, according to Freda.

"Our team has built a lot of chemistry by cheering each other on at practice, hanging out outside of field hockey, and forming friendships. We definitely have a really close team bond which will help us keep building our trust on the field," said Freda.

In the practices leading up to Saturday's game, the team focused on developing connections and improving passing through a variety of drills. According to Parker, the team was able to translate its practice into success on the field.

"A lot of our practices are about working as a team, and passing as a team and as a unit, and a lot of our drills are team centered drills, so either a lot of passing or a lot of overlap runs. So, being able to play the next day and see it all happen is really cool. I feel like we have a lot of good times in the game where we did see those drills translating," said Parker.

According to Quiana Bell '26, the win on Wednesday against Lawrence was the result of the team playing as a cohesive unit. Specifically, Bell emphasized the team's communication and passing, as well as the pace of many of its players.

"I think it was all about moving the ball. I think we're really good at communicating with each other, and communicating what's going on in the game, how we can do better and overall how we can work better as a team. And also everyone's just pretty fast. I would say we have some nice speed, so that really helps in the game," said Bell.

Looking forward, Freda hopes the team will continue building upon its long-standing success on top of individual improvement. Last year, the team ended its undefeated season as NEPSAC Class A Champions, thus providing a strong foundation for this season ahead.

"I think our main goal for this season is to reach the potential that we know we have. It will take every single person's dedication and energy. There will definitely be bumps along the way but we know we have what it takes to get there," said Freda.

Andover will have its home opener against Brooks on Thursday and play Loomis Chaffee away on Saturday.

Henry He

Sep 23, 2022

Field Hockey Defeats Brooks, Edges Out Loomis Chaffee To Continue Win Streak



Andover Girls Field Hockey led 2-0 for most of its home opener against Brooks on Thursday, until conceding a last-minute goal. The 2-1 win against Brooks was followed by a 3-0 win against Loomis Chaffee on Saturday, bringing the team's record to 4-0.

According to Meg Stineman '25, when the team conceded a goal in the final minutes against Brooks, it added a high amount of pressure to the closing minutes of the game. However, she commended the team for

staying composed and closing out the game for a win.

"Passing into space was definitely something we did really well today, and I would also say staying composed in the last part of the game. It was definitely a really nerve-racking game for the whole team, but I thought we really kept ourselves together and stayed controlled, and that led to the win," said Stineman.

Leading up to the game against Brooks, the team wanted to work on its spacing on the field, according to Neily Ware '25. Rather than having all players running towards the ball, Ware explained that spreading out would allow for more passing options, and thus, more goal-scoring opportunities.

"One of the big things we needed to work on after our Lawrence Academy(Lawrence) game on Wednesday was our spacing. We were way too clumped especially in the offensive circle, we were too close together. We needed to work on that and it actually did show a lot in our game. Our coach Martha [Fenton] mentioned today at practice that we improved quite a bit from Wednesday, which was exciting to hear that we used our space well and that we used the width better. That really helps in the circle because it allows us to play more two touch hockey rather than everyone clumping towards the ball," said Ware.

In its game against Loomis, the team was able to recover from a slow start and bring energy to the game.

Although the team scored two goals in the first half, the second half was when speed-of-play really picked up, according to Co-Captain Keira Harder '23.

"I mean Loomis day is always very fun. We hit a bit of traffic coming down, so the bus ride ended up taking a little longer than we were expecting, but I still think the team rallied a lot. We were playing music on the bus beforehand, getting ready to go. I think at first we came out a little bit flat, but then our energy at the start of the second half was incredible. We went right down, got a corner, got a goal right off the bat. We were already ahead 2-0, but that moment was really amazing to see the team right after half time say, 'Alright guys,

this is what we're gonna be doing going forward,' and to really see that shift in energy was awesome," said Harder.

After struggling to convert its shots into goals in last week's game against Lawrence, the team took this week's games as an opportunity to work on its finishing, according to Harder. The team only scored once against Lawrence, but it scored five goals across two games this week, including a shutout against Loomis. "Since the last game, I feel like there has been a change in goal scoring. We've been able to put the ball in the net more. Compared to the Lawrence game, which was our second game, we were really struggling to put the ball away. We had like 31 shots and one goal, so seeing the difference from that game to this game is awesome," said Harder.

Andover Girls Field Hockey will play at home against Tabor Academy on Saturday and Governor's Academy on Wednesday.

Angie Lucia

Sep 30, 2022

Field Hockey Recovers After First Loss in Almost Two Years, Earns Victory Over Governor's Academy



Andover Field Hockey lost against Tabor Academy (Tabor) 0-2 on Saturday, but defeated Governor's 1-0. The team's defeat against Tabor was its first loss in almost two years. Despite this, the team rallied in a close game against Governor's and recovered for a win. The team's record now stands at 5-1.

According to Ava Murphy '24, in the game against Tabor, the team's lack of aggression led to a struggle in the offensive third of the field. The team began to show signs of scoring at the beginning of the

second half, but ended up being shut out for the first time in the season.

"I think we played a little scared or more defensively than we needed to be and we let them have space, which resulted in them obviously working up the field more. But in the second half I think we realized that and we came out right away. They had possession in the second half and so we immediately pounced right on them and we got the ball down the field and earned a corner in the first minute or two... We definitely didn't have our structure and I think we will definitely bounce back," said Murphy.

Co-Captain Shea Freda '24 felt similarly to Murphy, saying that the struggles in both games came from a lack of offensive threat. The team lacked its usual offensive identity, and was unable to take advantage of the majority of its chances.

Freda said, "I think the game against Tabor was tough because we just couldn't score, which was our main problem. I think today was also tough because I feel like we weren't playing our own game as much as we could have and that caused us not to be able to score for a while but we ended up putting one in... but hopefully in the next few games we are able to capitalize more in our chances of like playing true to how we usually do."

Andover also looks to improve on its offball movement, hoping to supply teammates with different passing options on the field, according to Zori Warren '23.

Warren said, "Right now, we are really working on strategic positioning in the circle, in particular, but also maybe more importantly how we support our teammates with the ball and so even if you don't have the ball, how are you finding a way to be open for a pass or how are you backing up the person who's playing the ball right now. [Just to] really have those dynamic layers on the field."

The team looks to face every opportunity as if it's vital towards the result of the season, noted Murphy. Despite being previously undefeated, Murphy does not feel that the team's record is crucial to its mentality, as they always go into games focused on the task at hand.

"I just think of taking every shot like it's our last shot and putting our bodies really on the line and just not being afraid to lose because I think there's this stigma around it. Our team's been undefeated for almost two years at this time, but we don't really see our team as that, we see one game at a time and go into every game where it's a 0-0 record," said Murphy.

According to Freda, one of the positive takeaways from the games against Tabor and Governor's was that the team passed the ball well and defended thoroughly when its opponents had chances. However, one area for improvement was transitioning from offense to defense, which led to the lack of goals.

"I think our offense did well, moving the ball quickly down the field and to the circle when we did have the ball. And defensively, we did a good job moving the ball outside and clearing it out when they did get chances, but I still think we could work more cohesively as a unit between our offense and defense. Because there were some times where the defense would get stuck in the back and not be able to move it up to the forwards. I think working together more between the forwards and defense would help us win the next couple games," said Freda.

Andover will face Choate away on Saturday.

Elise Minor

Oct 7, 2022

Field Hockey Scores Eight Goals in two Games Against Choate and Milton

As Maren Boyle '26 receives the ball on the outer side of the shooting circle, she lines up her shot and drills a fast ball into the back of the net, causing the entire team to swarm the field. The goal led Andover Field Hockey to a 4-0 win at Choate, which was followed by a 4-1 win at Milton, bringing the team to a 7-1 record. Co-Captain Keira Harder '23 emphasized the importance of the quantity of goals in both games. This season, Field Hockey has had scoring struggles, so the abundance of goals was crucial in securing each victory.

"Before our Choate game, we were struggling to rack up goals. I don't think we've scored more than three goals all season so breaking that three goal cap was super instrumental and a big turning point in our season," said Harder.

Goalie Ellie Parker '25 highlighted the captains' chemistry. Both Harder and Shea Freda '24 are instrumental role models on the field, as well as key communicators.

"Shea, she plays center back and is our captain, is just super steady on the field and knows what to do and when it needs to be done. Our other captain, Keira Harder, she plays sweeper, she's very communicative on the field and always knows how to help people out," said Parker.

With 14 graduating Seniors last year, the young team has welcomed challenges and has eased into the turnover, according to Lucy Parker '26. Additionally, the dynamic between the returner players and new ones have flourished positively.

"It's a special year because it's not often when you have six freshmen and a lot of new players. So, it's kind of a different dynamic than before but not in a worse way at all because the people, especially the Seniors, are really open to letting us feel like we're welcome to the team. The upperclassmen all try to help the freshmen to get a voice because as a freshman on varsity it can seem a little scary, but they do a really good job making sure everyone feels valued," said Parker.

With that support, Harder has seen a lot of improvements from the younger players thus far. And some key players from last year have stepped up to lead the team. In particular, in the game against Choate, Neily Ware '25 stepped up defensively.

"Defensively, Neily Ware, who's a Lower, played out of her mind. She really came into her own against Choate. I thought she was playing phenomenally, stepping up to balls, communicating what she saw... Ellie Parker, she's our goalie, is constantly communicating on the field. She always tells me where to be and what to do, and I try to pass on her information to the midfield and the forwards. Lucy Parker and Lilly McInerney are two freshmen who have incredible speed and make good cuts for the balls. Sarah Lackley is another freshman on defense who I thought played an awesome game. Overall, I think everyone really stepped into their own space which was awesome," said Harder.

Harder also noted the important roles of the coaches, who not only communicate areas of growth and guide the team, but simultaneously give voice to the younger players to contribute to team talks.

Harder said, "Our coaches and players have a lot of conversations on what we see on the field, what we need to work on, and we encourage Underclassmen to lead and participate in those conversations. Especially being such an Underclassmen heavy team, it's really important that everyone has a voice. So far so good, and I can't wait to see where this team goes."

Andover will face off against St. Paul's at home on Saturday.

Henry He
Oct 14, 2022

Field Hockey Continues Win Streak, Shuts Out St. Paul's and Defeats Middlesex

After a 4-0 win against St. Paul's, Andover Field Hockey's 5-2 victory against Middlesex brought the team's win streak to five games. Its record now stands at 9-1.

The team scored three goals within just four and half minutes of Saturday's game against St. Paul's. Co-Captain Keira Harder '23 believes that the game was one of the team's best performances so far this season. "So honestly I think that St. Paul's was one of the best games we ever played collectively as a team. I think that everybody was just on their A game and ready to work hard and especially work together. I think our passing patterns were so much more cohesive and people were hustling for fifty-fifty balls and we were really looking for open spaces," said Harder.

Sharing a similar sentiment to Harder, Meg Stineman '25 highlighted the team's desire to take advantage of open space, both on offense and defense. Spreading out on the field allowed for more ball movement, according to Stineman.

"Offensively, I think the team was really working on passing on the move and passing into the space and letting on to the ball to help with a quicker tempo of the game. Defensively, I think that we've really been focusing on transferring the ball from one side of the field to the other to spread the field and use the full width of the field and that's also been helpful," said Stineman.

Harder believes that the team's cohesiveness and communication was another contributor to its dominance. According to Harder, the team is quickly building a powerful, unbreakable bond, allowing it to carry out complex plays and movement patterns in-game.

Harder said, "I think again we were working more cohesively as a unit. We were really moving that ball with purpose. We were being smart. We were communicating. On and off the ball, we were doing cuts and movement patterns that we have been talking about and practicing in our past practices. And we were just able to put the ball away, which was awesome and I think that it was great that everybody got to show what they were capable of which was so unbelievable. I think it was the first game that I think we really had this kind of calm but powerful team connection."

Last year's matchup against Middlesex resulted in the team's only tie in its undefeated season. According to Neilly Ware '25, the team's eagerness to rebound from the tie propelled it to victory on Wednesday.

"Last year's tie was definitely rough, especially as a returner. It really made us hungry for a win this year because it was the only kind of notch in our record. We really wanted to come back stronger and get the win this year. So I think especially for the returners but really for the whole team, I think that we were all really eager to play them and try to come out with a win, which we did. I think we just had a lot of good energy," said Ware.

After letting in an early goal, the team proceeded to score five consecutive goals against Middlesex. Ware highlighted the team's optimism and sustained energy, even after suffering an early deficit.

"I think that our energy was kind of the best part of our game today. We were really positive throughout the game and kept up that kind of fire and loose excitement which I think we needed. It motivated all of our team, whether they were on the bench or on the field. I think that we really brought our energy today, so I think that it's an important factor for us to really capitalize," said Ware.

Andover Field Hockey will play Northfield Mount Hermon on Saturday and BB&N on Wednesday.

Elise Minor

Oct 20, 2022

Girls Field Hockey Extends Win Streak to Seven Games



Scoring three goals in just the first quarter, Andover Field Hockey proceeded to a dominant 6-1 victory over Northfield Mount Hermon (NMH) on Saturday. The team continued its win streak with a 3-1 victory over Buckingham Browne and Nichols on Wednesday, putting its record at 11-1. With an early lead against NMH, the team wanted to preserve its momentum in the latter half of the game, according to Ava Murphy '24. The team's eagerness to extend its lead prevented it from maintaining quality possession. However, Murphy noticed an eventual regain in focus.

"Honestly, I think we played really well. Sometimes we lost our heads a little just because we were so excited. We were up by four or six goals and we really wanted to just continue to score, but we had to realize that we also needed to calm down and just work on possession. Because we didn't need any more goals, we just needed to run them to timeout. And so, we did struggle with that a little at first, but then once we realized that's what our mission was, we did it," said Murphy.

Neilly Ware '25 shared a similar sentiment to Murphy. In addition to the excitement of having a substantial lead, the team faced stress from unexpected injuries, increasing the need for composure throughout the game.

"It was a bit of a stressful environment, a bunch of people were getting injured, and it was a very competitive game, so it was a little stressful. We needed to keep our composure and just play poised and play our own game," said Ware.

Leading up to NMH, the team focused on utilizing all of its players and all the space on the field. With five different team members scoring six goals total, Murphy believed Saturday's game was reflective of the team's efforts.

Murphy said, "One of our strengths was definitely connecting. We worked a lot in practice over the weekend connecting our passes and really using everybody on the field, and that helped us get the ball off the field and into the net, and stretching the field."



In contrast to Saturday's game, the team fell behind early against BB&N. Although the team was initially unmotivated, Quiana Bell '26 emphasized the team's steady increase in energy as the game progressed, continually bringing more effort and determination.

"Starting off it was pretty slow, I think it was because they got the first goal, but after that happened we just all realized, 'We got this,' and that we had to start moving. So, I think after we realized that we were down, our

energy came back super high, and everybody was back into the game and really positive," said Bell.

According to Bell, the turning point in Wednesday's game was when they played through having two less players on the field. After two team members received green cards—two-minute suspensions—the team changed its outlook on the game, drastically increasing its sense of urgency and teamwork.

Bell said, "I think one of the biggest moments was when we were down two players. We had two players out on green cards, and so I think that's when our team really rallied together. We all became super aggressive to the ball. It was really working together, communicating, cutting, and we managed to keep the ball in our offensive end for those entire two minutes, which was really good."

Andover Field Hockey will host Deerfield on Friday and play away at Nobles on Wednesday.

Maddie Redmond

Oct 28, 2022

Field Hockey Showcases Stout Defense Against Deerfield, Ties Nobles



With an early goal in the first quarter, Girls Field Hockey beat Deerfield 1-0 on Saturday. Following its Deerfield game, the team scored against Nobles & Greenough (Nobles) on Wednesday, but conceded a goal in the third quarter, forcing the game into overtime which ended in a 1-1 tie. Andover Field Hockey now stands at 12-1-1.

According to Ava Murphy '24, the team faced offensive struggles throughout the game against Deerfield. However, she noted that Ellie Parker '25 kept Andover in the game with consistent saves in goal.

"I think we all played defense together, we didn't generate a lot of offense, but we all stuck together as a unit to keep it out of the middle, that was our game plan, to stay together as a unit, and play collective defense. We knew it was going to be a hard game," said Murphy.

Deerfield presented a strong challenge according to Zori Warren '23. Despite the difficulties they faced, Andover was able to initiate a crucial breakaway to secure the game.

"Our game against Deerfield was a really competitive one; Deerfield was a strong team, and much of the game was played in the center 50 yards of the field with both teams' offense and defense working hard to push the ball forward. We were able to break through and score—which was a super exciting moment for the team. The game remained close—and very exciting—through to the last buzzer," wrote Warren in an email to *The Phillipian*.

Maren Boyle '26 highlighted a play between Co-Captain Shea Freda '24 and Molly Boyle '25 that put Andover on the board early in the Nobles game.

"Our captain, Shea, she had [the ball] in the center field, and she made a really good move around a defender, and then she passed it to the top of the circle where Molly, the forward, kind of one-timed it, and it went high middle for the goal," said Boyle.



Despite the team's specific successes, they were faced with offensive challenges late in the game against Nobles, according to Claire Colvin '23. Colvin described a lack of offensive opportunities in overtime and added that the team could have been more controlled.

"It became 1-1, and people were literally frantic by the end of the game, and then it went into overtime. We maintained possession for most of it, but we still weren't getting that much offense, we weren't in the circle. We were just kind of setting the ball around, but we didn't get many shots in overtime. There were no corners or anything," said Colvin. Colvin mentioned that the team's offense could have been stronger against Nobles with improved collaboration and better passing, which will be a focus going into the upcoming game. "We did play well. Nobles is just a really good opponent. I think we just needed to connect more and work smarter and not harder, because I felt like we had a good amount of effort, but we weren't executing, because we weren't making easy passes, I think a lot of the time there were a lot of individual efforts," said Colvin. Andover Field Hockey will play at Cushing on Saturday.

Andre Wu
Nov 4, 2022

Field Hockey Rides Wave of Excitement Heading into Exeter Rivalry



Heading into Andover/Exeter with a 13-1-1 record, Andover Field Hockey looks to close out their regular season by continuing its ten-game undefeated streak. With this Saturday serving as the first Fall A/E at home since before Covid-19, the home field advantage for this matchup will be a new experience for the majority of the team.

Since Saturday's matchup will be the final regular-season home game for the team's Seniors, Lucy Parker '26 believes there will be a special sentiment within the team that day, emphasizing the team's excitement.

"We're all very, very excited and really eager to play because as everyone knows, it's a huge, huge game, and having it home this year is also so fun, for the Seniors especially. For them to be able to play their last regular-season game at home is really fun for them. I think the intensity and the excitement that we all have has built up throughout the season, and to know that it is in exactly a week is so crazy to us, so we're all so excited," said Parker.

According to Co-Captain Keira Harder '23, the team has been working on embracing unselfish plays, which discourages dependence on individual players. In particular, the team hopes to utilize strong, cohesive passing to stretch the field.

"We really want to play a team game. Recently, in our practices, we have been working on moving the ball to space and transferring away from crowds. Our goal in this game is to string together good passing sequences to create better scoring opportunities instead of relying on individual skill," said Harder.

Parker emphasized the balance between pressure and support in rivalries like A/E. She looks forward to receiving strong support from Andover's fans, in addition to taking advantage of the high energy supplied by Philip Exeter Academy's (Exeter's) players and fans.

"Everyone is so excited that it's A/E weekend, and the fans and the stands are actually crazy. They're so excited. Everyone wants to win so, so bad, and you can feel it on the field. When you're watching games, you can feel it in the stands. And just having a rival team when you're playing against them, and having your whole school and a whole other school there to support you, it's totally a surreal experience. Me being a

Freshman, I've never experienced it on the field. I've only ever gone to the sports games, so I'm really excited to see what it's like as a player," said Parker.

While the team has stressed a game-by-game approach throughout the season, Harder acknowledges the larger picture behind the game. With a rivalry dating back to 1880, Harder expects a tough battle.

"We try to play one game at a time, but obviously with such a long standing tradition of rivalry, we are looking at a very strong opponent. We hope to bring our very best energy for this game and given that we don't have another opponent this week, we can focus our practices to be solely geared towards defeating Exeter," said Harder.

On home turf, Andover Field Hockey will face off against Exeter at 12:00 p.m. this Saturday.

Henry He

Nov 11, 2022

Led by Hat Trick From Molly Boyle '25, Field Hockey Defeats Cushing 4-1



Maren Boyle '26 sprinted down the field on a breakaway and stepped up to take the shot, hitting the ball into the net to finally put Andover on the scoreboard in Girls Field Hockey's game against Cushing. Boyle scored again with a reverse hit, then finished the hat trick with another goal in the fourth quarter. Lilly McNerny '26 scored the fourth goal in the third quarter to finish off the game 4-1. With the win against Cushing, Field Hockey's record now stands at 12-1-1.

Quiana Bell '26 noted the strong passes and communication that led to the win on Friday. Although the game started off slow, according to Bell, the team was able to pick it up later in the game.

"The game went well yesterday. We had some great passes and connections that led to some really good clean shots on net. I think that the team communicated well with each other and was able to keep our heads up on the field and see where our other teammates were. The game started off kind of slow. We had no shots on goal and the score was 0-0. The third quarter was the turning point," wrote Bell.

Kiera Bruen '26 noted that the slow start in the first half may have been due to a lack of communication. Bruen stated that the team has been working on spreading the field during practice, although that was not exemplified until the second half.

Bruen said, "I feel like we were pretty clumped together and we weren't communicating very well, because I feel like people would step to the ball in the circle and just wouldn't be able to put it in, but I feel like it was better in the second half... [because] we started to move the ball even more and our passing was really good, and we moved the ball inside and out, which was really helpful because it opened up players and led to some of the goals."

Neily Ware '25 explained how the team gained more confidence later in the game, which allowed it to create many more opportunities to score.

"We started to have more confidence in ourselves and know that we had a lot of opportunities in our offensive circles so we knew that they would go in eventually, we just had to keep at it and keep staying aggressive, and keep shooting," Ware said.

Lucy Parker '26 highlighted how the team has improved throughout the season with stronger team chemistry. Parker noted that the team chemistry has created a safe and trusting space for teammates.

"I would say that in the beginning, we were playing more of individual field hockey, but as we have progressed this season, we've learned to trust each other so much more, and be there for each other and

move for each other, and create space for each other, and once you're able to play for each other and not just yourself, we've had so much more success" said Parker.

Field Hockey is excited to host Exeter this Saturday for A/E weekend.

Andre Wu

Nov 11, 2022

Boys Varsity Football

2022

Head Coach: Charles “Trey” Brown

Assistant Coaches: Kit Leckerling, John Rex, Chris Powers, Chip Dunn, Jibrail Coy

Captains: Aidan Porter, Joe Carrara, & Andrew DeBenedictis

Managers: Lucy Booth '23, Sadie Burke '23, Alexandra Chung '23,
Thomas McCool '25, & Julia Montgomery '23

Overall Season Record

Wins	Losses	Ties
2	7	0

Letter Winners: Xavier A. Abreu, Carter A. Aime, Victory D. Anikwue, Lucy Booth, Sadie R. Burke, Huriel Calice, Joseph A. Carrara, Alexandra S. Chung, Logan M. Cove, Andrew O. DeBenedictis, Grant D. DeHoog, Kenneth M. Edwards, Alexander E. Ewald, Henry D. Ferguson, Justin J. Hardy, Titus D. Ivory, Byron E. Johnson, Nicholas B. Jones, Jiho Kim, Chunze Li, Thomas R. McCool, Davian C. McDonald, Jackson S. McDonald, Julia H. Montgomery, John T. Moran, Thomas W. O'Brien, Kosisonna Onunkwo, Quinn L. Polcari, Aidan R. Porter, Bennett B. Rodgers, Jack C. Rogus, Christopher W. Savino, Henry R. Sheldon, Elan Shetty, Yejoon Sim, Mason A. Spahn, Javeon D. Talbot, Sebastian Valasek, Diego L. Velez, Jeremy Woodley, Anthony Myers, Josh Espinoza, & Sebastian Haferd

Award Winners: None this season

Boys Football

2022 Schedule and Results

Sat	09/10/2022	Football V	Brooks	H	3:30 PM	Scrim		
Sat	09/17/2022	Football V	Kent	H	4:30 PM	24-19	W	
Sat	09/24/2022	Football V	Loomis	A	2:30 PM	10-51		L
Sat	10/01/2022	Football V	Cheshire Academy	A	5:00 PM	6-42		L
Sat	10/08/2022	Football V	Taft	H	4:00 PM	21-41		L
Sat	10/15/2022	Football V	Williston	H	5:00 PM	14-49		L
Sat	10/22/2022	Football V	Brunswick School	A	6:00 PM	14-38		L
Sat	10/29/2022	Football V	Deerfield	H	1:30 PM	38-35	W	
Sat	11/05/2022	Football V	Suffield	A	5:00 PM	13-25		L
Sat	11/12/2022	Football V	Exeter	H	3:00 PM	7-42		L



Phillips Academy Boys Varsity Football 2022

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Pos</u>	<u>Hometown</u>
1	Logan M. Cove	2024	RB/OLB	Derry, NH
2	Davian C. McDonald	2025	QB	Holyoke, MA
3	Joseph A. Carrara*	2024	WR/DB	Pocasset, MA
4	Diego L. Velez	2024	WR/DB	Irrington, NY
4	Elan Shetty	2026	WR/DB	Andover, MA
6	Huriel Calice	2023	OL/ILB	Peabody, MA
7	Jiho Kim	2023	RB/OLB	Newton, MA
8	Nicholas B. Jones	2024	RB/OLB	North Reading, MA
9	Xavier A. Abreu	2025	WR/DB	Lynn, MA
10	Andrew O. DeBenedictis*	2023	WR/DB	Andover, MA
11	Kenneth M. Edwards	2023	WR/DB	Rochester, NY
16	Titus D. Ivory	2025	WR/DB	Charlotte, NC
17	Jeremy Woodley	2026	TE/DE	Lawrence, MA
18	Alexander E. Ewald	2024	WR/LB	Andover, MA
19	Richard A. Phillips	2025	WR/DB	Lake Forest, IL
20	Sebastian Valasek	2024	WR/DB	Westmount, QC
21	Carter A. Aime	2025	WR/DB	Mount Vernon, NY
22	Kosisonna Onunkwo	2026	RB/LB	Bordentown, NJ
23	Henry D. Ferguson	2025	K	Branford, CT
24	Jonathan N. Jin	2024	WR/LB	Hudson, OH
33	Justin J. Hardy	2023	K	Boxford, MA
35	Yejoon Sim	2025	OL/DL	Seoul, KOR
36	Bennett B. Rodgers	2026	RB/DB	Dallas, TX
40	Javeon D. Talbot	2023	RB/OLB	Metarie, LA
44	Aidan R. Porter*	2023	FB/ILB	Ticonderoga, NY
53	Christopher W. Savino	2024	OL/DL	Andover, MA
55	Victory D. Anikwue	2023	OL/DL	Brooklyn, NY
56	Quinn L. Polcari	2024	OL/DL	Mattapoisett, MA
57	Jackson S. McDonald	2025	WR/LB	Wilmington, MA
59	John T. Moran	2024	OL/DL	Andover, MA
62	Jack C. Rogus	2023	OL/DL	North Andover, MA
63	Grant D. DeHoog	2025	OL/DL	Box Elder, SD
72	Chunze Li	2023	OL/DL	Malden, MA
76	Henry R. Sheldon	2024	OL/DL	Sudbury, MA
77	Thomas W. O'Brien	2023	OL/DL	Reading, MA
78	Byron E. Johnson	2025	OL/DL	Washington, DC
79	Mason A. Spahn	2024	OL/DL	Baltimore, MD
88	Bryce A. Lubin	2023	TE/DE	Summit, NJ

*Captain

Coach: Trey Brown

Assistant Coaches: Kit Leckerling, John Rex, Chris Powers, Chip Dunn, Jibrail Coy



Boys Football In The News

Football Holds Optimistic Mindset for Season after Joint Practice with Brooks



Andover Football's quarterback, Davian McDonald '25, caught the Brooks defensive line off-guard by passing short to the man in motion, ending the day with a 60-yard touchdown play. With a variety of drills and scrimmages against Brooks, the team not only further developed its offensive and defensive strategies, but further cultivated its sense of unity.

Prior to the first official game, many teams in the New England Preparatory Athletic Council (NEPSAC) league hold a joint practice where two teams come together to compete in technical drills and small-sided scrimmages. According to

Co-Captain Andrew DeBenedictis '23, the joint practice mostly focused on one-on-one matchups, but also included a short, full contact scrimmage.

"For the first hour, it was one-on-one. Receivers were with the defensive backs, and vice versa, linemen were with the linemen, and the linebackers with the running backs. It was more just kind of guarding each other.... Then after that, it was seven-on-seven. The linemen and the big guys got a break, and it was just skill guys on skill guys, so receivers and running backs on linebackers and defensive backs, and we did that for about 20 minutes or so. Then we went to 11-on-11, so full team, full contact, like a normal game," said DeBenedictis. With only four days of official preseason this year, the team faced challenges with fitting in enough practices prior to its first official game. Despite the tight schedule, the numerous two-a-day practices, team dinners, film reviews, and locker room talks have allowed the team to spend quality time together, according to Javeon Talbot PG'23.

"Coming in, we [didn't] have the most numbers... Our preseason [was] cutting it a lot closer to the actual season, [so in] preseason, you're pushing. We'd have practice three times a day, two times a day, two hours each, and so that's when the injuries and stuff come. But at the same time, spending all that time together brings you that much closer, so I'd say it was all worth it, even with the injuries. And no one is extreme. No one is out for the season or anything like that for week one, so we're looking good, and our chemistry is there," said Talbot.



According to Justin Hardy '23, the few players out for minor injury are mostly for precaution leading up to the season opener. He noted an important change to the team this season: its coaching staff and philosophy.

"We have a new offensive coordinator and new defensive coordinator. Our coaches last year were great, but this year, we have two new coaches coming in, which means we have a new offense and a new defense. We have a new starting quarterback. [McDonald] is a lower, so he's going to be our starting quarterback this year. The quarterback and the receivers and the entire team in general just seem to have great chemistry. We're working well with the coaches. The coaches

are putting forward great offense, great defense. The team really seems to be like a team unit this year, and we're playing all together," said Hardy.

In addition to adapting well to the new coaches, Hardy believes the team has adapted well to each other. All players, new or returning, have been working to create "a band of brothers."

"Our coaches always talk about being good people on and off the field. That's one thing that our coach, especially our head coach, constantly preaches. Everyone has adjusted flawlessly. Everyone treats each other with respect on and off the field. It's like a band of brothers is what some of the coaches have been saying.... Everyone's working together really well. There have been no disputes or anything like that," said Hardy.

After scoring a few touchdowns during the full-sided scrimmage, the team is optimistic about its offense, something they struggled with last season. However, Talbot emphasized that the team realizes there is still much room for improvement.

"We were satisfied, but not content. We know we did [well], but we also know we had a lot farther to go. The next day coming to practice, everyone had that same ambition even though we were tired... But [it's] just us all having the same mindset towards the end, [and] knowing that we got a lot to accomplish," said Talbot.

Hardy believes the joint practice serves as momentum going into the season opener. He noted that the team will have most, if not all, of its players ready this coming Saturday, eager to show what they've been working on these past two weeks.

"Last year, obviously, we had some trouble, but we're confident going into our first game. Hopefully we can win that first game in front of our home crowd, build up a lot of momentum, and carry that into further weeks," said Hardy.

Andover will open its season against Kent at home this Saturday.

Staff Report
Sep 16, 2022

Football Surmounts Kent in Final Minutes with 80-Yard Kickoff Return



In the final minutes of the game, Co-Captain Joe Carrera '24 weaved through Kent players and into the open field for the game winning touchdown against Kent. With a final score of 25-19, the team's record stands at 1-0.

Head Coach Trey Brown emphasized the togetherness he witnessed from the team this past weekend. Despite the constant back-and-forth of the game, the team managed to keep its composure.

"What we did really well was thinking together as a team. I think it is super easy in a game where it's up and down to get on each

other, get on a teammate, and point out their flaws. But our guys stayed positive, stayed together, and believed in one another throughout the whole game. One of the values for our program is family and we stuck together as a family and I'm really proud of our guys for that," said Brown.

Co-Captain Aidan Porter '23 praised the team's ability to constantly overcome challenges throughout the game. Despite losing some composure when Javeon Talbot PG'23 suffered a dislocated elbow, the team found ways to recover.

"Every time we seem to make a mistake or every time Kent seemed to punch us in the mouth, we found a way to bounce back. We had a number of setbacks. Javeon Talbot got injured early, we made a couple of mistakes defensively, [but] we always found a way to bounce back whether that was going on the field and scoring or a big play.... We just really found a way to bounce back," said Porter.



Starting quarterback Davian McDonald '25 highlighted the resilience the offense showed despite two turnovers that could have weighed the team down.

"I'd say we did a good job controlling the game. It was our first game of the season and we made a lot of mistakes, but even when we made the mistakes we bounced back and we did a good job not coming down on ourselves. We had a fumble and an interception, but we kept our heads in the game and still came up with the win," explained McDonald.

Porter described what the team can improve on after the performance. While tackling was a weakness throughout the game, he said that mental errors weighed down the team.

"Even though we did win, we are not satisfied by any means. We made a lot of mental mistakes in our games. We know that intangibles are there and everyone's skill levels are where they need to be and now it's just fixing the little things and fixing the mental mistakes going forward and being more of a cohesive unit," said Porter.

McDonald also highlighted Carrera and praised the efforts of KJ Edwards '23. Edwards had a one handed touchdown grab for the first score of the game, as well as an interception.

"[Joe] had the game-winning kick return, he played both sides of the ball, and he also had an interception and I think he did really good. I think KJ as well, he had a touchdown pass. He also had an interception and you know it's his first game with Andover and I think he did really good with us," said McDonald.



According to Brown, the goal for this season is to set the tone for future Andover football teams. Beyond winning games, Brown hopes to establish a productive and cohesive team environment.

"Obviously we want to win games, that should be a goal for any team, but I think more importantly this team is really at the pivotal point of the program turning around. I think for myself, as a newer coach, I see this program being turned around by this group because of their commitment to one another, their commitment to the sport, to the game of football. And I think they can really set the standard of what's expected for future players and [they're]

putting in a lot of work and a lot of effort," said Brown
Andover will play away at Loomis Chaffee on Saturday.

Meg Stineman
Sep 23, 2022

Football Falls Short to 2021 Nepsac Class A Champions Loomis Chaffee

Co-Captain Joe Carrara '24 juggled a pass from Davian McDonald '25 before gaining full control of the football and sprinting across more than half the field to the endzone. Carrara's reception was the team's only touchdown in its 10-51 loss against Loomis Chaffee; Andover's record now stands at 1-1. While the scoreboard may have suggested a poor game for both the team and its quarterback, Thomas O'Brien PG '23 argued that there was more to the story. Additionally, O'Brien praised the versatility and persistence of KJ Edwards PG '23 and Jason Kim '23.

"People will point to the stats and say Davian threw three picks, but two of those, three of those you can kinda put off on other people too. But he played his heart out, he was out there, he played every snap, he did the best he could. And then a PG, KJ Edwards, he played every snap, offense, defense, and special team. Jason Kim was another huge part, he didn't come off the field at all. Running back, linebacker, and special teams. They all hustled their butts off," said O'Brien.

According to Edwards, the team's dull mentality was one of the reasons for the loss. Looking ahead, he hopes the team will be able to improve their spirit and sense of unity.

"One of the biggest things we'll work on in the coming weeks is to just play with heart and intensity. I think a lot of us, including myself, didn't have the motivation to step up. However, if we are all fighting to our fullest for a common goal as a team we'd do a whole lot better. All 11 guys on the field are fighting for the same thing to the best of their abilities, the outcomes are going to be a lot different than they've come out to be," said Edwards.

Despite Loomis having more size and speed, Co-Captain Aidan Porter '23 believed that the team had the potential to make it a competitive game. Going forward, he believes the team should focus more on what it can control, rather than stress about the ability of its opponent.

“One thing we need to focus on is controlling the controllables, whether that is effort or attitude, our level of execution on the field. We just need to control the controllables, in a nutshell. As long as we can do that, as long as we can buy into what our coaches are game-planning for us going forward, then we should be pretty solid going into Cheshire Academy this Saturday,” said Porter.

In addition to the team’s mentality, O’Brien pointed to the strength of Loomis as one of the caveats of the loss. Although Loomis was the 2021 NEPSAC Class A Champion, the team was only down by four after the first quarter.

“Obviously, those kids are some of the best in New England and in the country, and we stuck with them for a half, basically. We just have to come back next week and keep working and finish out games,” said O’Brien. Even with the loss, the team has kept an optimistic and open-minded attitude towards the future of the season, according to Porter. He emphasized the balance the team maintained between reflecting on the past and looking ahead.

“As tough as this loss was for us, it was only one game. Just like a win, enjoy the win for the night, then throw it out the window the next morning. It’s a new week. We have to do the same thing for a loss, reflect on it, figure out where we can improve, but then the next morning we gotta throw it out the window and start fresh again. It’s a new week for us, we have new goals going in, different game plan, so we can’t dwell on that loss, but the one thing we do have to remember is how it feels to lose like that because nobody wants to lose like that ever again. As long as we can keep that feeling in the back of our minds, we’ll be ok,” said Porter.

Andover will face Cheshire Academy away on Saturday.

Henry He
Sep 30, 2022

Football is a “Roller Coaster of Emotions” for Co-Captain Aidan Porter ’23



Andover Football Co-Captain Aidan Porter ’23 believes accountability and commitment are the keys to success for a team. After a disappointing string of losses in his last season, Porter aspires to bring new and returning teammates together for a more triumphant season under his leadership.

Porter strives to help the team stay grounded in strenuous game situations. According to Porter, it is important for the team to focus on the present rather than dwell on mistakes from the past. Thus, he pushes himself to spread positive feedback during games, creating an open and encouraging team environment.

“Football can just be a roller coaster at times, especially a roller coaster of emotions. One big play can really change the swing of the game, and that can

get guys emotionally kind of worn down. I think it’s definitely my job to try to keep everybody on this team going. I’m trying to convince them, ‘listen, it’s just one play, it’s out the window now, there’s nothing we can do about it. We just got to focus on right now’ and I just really try to preach to them, ‘it’s a marathon it’s not a sprint—we have to really take the game and one play at a time,’” said Porter.

On the field, Porter, a fullback and linebacker, never hesitates to share his extensive knowledge of the sport with the rest of the team, according to Nick Jones ’24. In addition to his approachability, Porter consistently displays fearlessness and persistence during gameplay.

“He knows exactly what he’s doing at all points in the game. He knows where he has to be [and] what [the] assignment is. Whenever someone has a question or is unsure, we can always go to him and know what to do. He is very aggressive and a very good tackler, and he’s not afraid [of] contact, and he’s not afraid to go up against guys who are a lot bigger than him. So it’s very inspiring,” said Jones.

Logan Cove ’24 highlighted Porter’s commitment to the team off the field. After Cove suffered an injury, Porter stayed by his side throughout the recovery process.

Cove said, “I think a big one for him is commitment. I think he’s really committed to not only football, but the key things, keeping the team together, keeping our heads up, keeping everyone together. He’s a great leader. He doesn’t only worry about the football things, I recently was injured and he lives next door to me, and he’s checking on me multiple times a week, seeing how my recovery is going. For me, that’s huge in a captain. It’s not only about football, but caring about your players outside of sport, and he definitely does that.”

Jones shared a similar sentiment to Cove, reiterating Porter’s devotion to the sport.

“He’s very hardworking, he never quits, and he always knows what to do. For practice, he shows up early — gets locked in. He’s a really great role model for the team, and that’s really something that the guys look up to,” said Jones.

According to Porter, ensuring that the team sustains the values he upholds is equally as important as him leading by example. Porter’s hope is for the team to find success performance-wise, and while doing so, form deeper connections with one another.

Porter said, “I definitely think accountability is one of the [core] values. I mean, not just the captain’s uphold, but it’s something that we expect from everybody on the team. You know, I mean, it’s just making sure that everybody’s doing the right thing when they’re supposed to do it, how they’re supposed to do it. We’re always checking in on one another, we’re always making sure everybody’s doing the right thing. It moves the team forward in the direction that we want to get faster, so I definitely think accountability is one of the big things that we try to uphold as [captains] on the football team.”

Meg Stineman
Oct 7, 2022

Football Co-Captain Joe Carrara '24 Motivates the Team Through His Spirit for the Game



Andover Football Co-Captain Joe Carrara '24 never shies away from high-energy support for his team. Described by teammates as enthusiastic, responsible, and kind, Carrara acts as a role model both on and off the field.

These qualities have not gone unnoticed. According to teammate Diego Velez '24, Carrara’s liveliness on the field keeps motivation high during games and creates a supportive environment for the team.

“He’s a very vocal leader. He’s loud on the fields. He likes to get everyone really loud on the sidelines.... His energy influences people to find more energy even if they’re quiet. Even if they don’t play, his energy is his biggest factor on the field as a Captain,” said Velez.

According to Velez, Carrara’s ability to build community also composes a significant part of his leadership. Velez found one of Carrara’s recent half-time speeches particularly memorable, in large part due to Carrara’s efforts to boost morale during a frustrating game.

“Yesterday at the game, at halftime we were down, and he was saying, ‘Don’t give up because you’re not doing this just for yourself. You’re doing this for your brothers next to you that you’re playing with. You’re doing this for the coaches. You’re doing this for the school. You’re doing this for the managers.’ I thought that was a really good message he was trying to send,” said Velez.

Teammate Corey Cid '25 raised another example of Carrara’s on-the-field leadership. According to Cid, Carrara models optimism and resilience while playing.

“My favorite Joe moment is when things were getting heated at the scrimmage between Andover and Brooks, and he scored a touchdown. I think that was a really big moment because he helped our team stay strong, and helped us believe we can stick up for ourselves,” said Cid.

Cid also noted that off the field, Carrara’s efforts to connect with all members of the team ensures that everyone feels comfortable and welcome.

“Joe’s biggest influence is how kind he is and how responsible he is. He really helps keep the team together, helps everything function, and he makes sure everyone is having fun. And I think, for me personally, he’s someone I can look up to...[He’s] just what we look for and need in a captain,” said Cid.

While Carrara leads his team with energy, he strives to be sociable off the field as well. According to Carrara, the social skills developed through football can be applied to life outside athletics.

“Outside of sports, I try to be as nice and personable as I can on campus and in the community. Going out of my way to say ‘thank you’ [or] talk to people.... Outside of football, I don’t really focus on sports. The biggest thing is who I am as a person outside of sports. I just try to work on that everyday. I try to talk to people, be personable, and help others,” said Carrara.

Carrara’s influence on the team has been shaped by his own leaders. Alongside the current team and coaching staff, he gives credit to recent graduates for his leadership style and performance on the field.

“All my success is because of the leaders and captains I’ve played under like Danny Ferris '22 and Thomas McAndrews '22, as well as my teammates and coaches that I play with. They all help me grow as a player and leader,” said Carrara.

Maddie Redmond
Blake Herndon
Oct 7, 2022

Andover Football Suffers Devastating Loss to Cheshire Academy

With a series of defensive breakdowns and injuries, Andover Football suffered a brutal loss to Cheshire Academy (Cheshire) on Saturday. With a final score of 6-42, Andover Football's record now stands at 1-2. Co-Captain Andrew DeBenedictis '23 noted the defensive struggles of the game including coverage and tackling. DeBenedictis reflected on how Cheshire's touchdown in the first play of the game made it difficult for the team to bounce back towards the end of the game.

"I think defensively we had them where we wanted them in terms of when the ball was delivered.. It was just after the ball was caught we made some errors, whether that was, you know, open field tackling, [or] sometimes [not] getting back in the proper coverage in the secondary... it was just a lot of mental errors. I think that kind of drove us in the wrong direction throughout the game on defense," said DeBenedictis. According to Logan Cove '24, Cheshire was a physically intimidating team that initially wore out Andover. However, Cove states Andover was eventually able to identify the team's drawback, leading to Andover scoring a last, second touchdown.

"I think we played a very high power team—super athletic and strong kids. In some aspects of the game [because of that], we were out powered just by their size. I don't think that was any excuse for us, but I think one of their weaknesses was as the game progressed...they got complacent with how they were playing. We took advantage of that and ended up scoring towards the end of the game. It was great to see some guys getting in there, putting in the work, doing good."

Co-Captain Aidan Porter '23 echoed Cove's sentiments, believing that the team made a great comeback in the second half of the game despite falling short to many big plays by Cheshire earlier.

Porter said, "The frustrating moments were earlier in the game; they had a lot of big plays where we got behind pretty quickly, but later in the game—that whole second half—we showed a lot of grit and a lot of fight. We played our hearts out that whole second half and actually won the second half."

Looking ahead to the team's next game, DeBenedictis stressed the importance of team cohesiveness, learning from the experience of playing Cheshire. Moving forward, DeBenedictis hopes that the team can heighten its energy and composure.

"The problem is that football is an eleven man sport, and you need all eleven guys doing their job... At certain times, you could see, let's say nine guys doing their job, and the two other guys not doing theirs. So we just have to be more composed at these games, and this week's practice has to be really efficient, really high energy," said DeBenedictis.

Andover Football will look to rebound against Taft at home this Saturday.

Moumita Dighol

Oct 7, 2022

Andover Football Falls to Williston at Home



Quarterback Davian McDonald '25 threw a pass down the sideline to KJ Edwards PG'23 who split through the line of defense, scoring Andover's first touchdown. After an even first quarter, Andover eventually fell to Williston Northampton, 14-49. Its record now stands at 1-4. According to Co-Captain Aidan Porter '23, Edwards' touchdown provided a huge energy boost to the team after falling behind early on in the game. Though starting off slow, Andover was able to rejuvenate itself through positive offensive plays.

"That early touchdown that Williston had on us that got us down a little bit, but when we were able to generate that big play from Davi to KJ, that definitely got us right back where we needed to be," said Porter. Thomas O'Brien '23 believes that the first quarter was the strongest for Andover. Individual players were making great plays and keeping in pace with Williston, but the lack of team chemistry translated to the ineffectiveness of those plays.

O'Brien said, "We stuck with them. It was a close game up until that point. I mean everyone had their points where they were playing [well]. We just didn't have cohesion at those points. We weren't all playing [well] together."

According to Porter, he has been impressed with the team's growth in recent games. Now, the team is able to work more efficiently on offense, as well as persevere through pressure. As a co-captain, Porter hopes to encourage developing those skills.

"We proved that in spurts, we can do some really good things offensively. We ran the ball pretty well in the first half of the game. We had some long balls that got where they needed to go, so offensively we had some more things that started clicking for us. That was a really strong point in our game," said Porter.

Justin Hardy '23 observed a clear level of improvement from this season compared to the last. With the incoming PGs and a new quarterback, Andover is focused on refining the players and working on the building blocks of a cohesive team.

Hardy said, "Each week we get more chemistry as a team, we get a little bit better, and the teams that we've been playing, obviously, we played them last year, and they're telling us how much better we look than we have in previous years, so I think we are seeing improvements even though the score might not be reflecting that."

In spite of facing many injuries and readjusted lineups this season, younger players have started leading and playing to fill different roles, which has been fulfilling to see for O'Brien.

"Everyone has especially [grown, especially] the younger kids. We have two or three [Lowers] who stepped up and started these past couple of games with kids going down with injuries and they've fit right in and played their best. So huge improvements since the start of the season," said O'Brien.

Porter shared similar sentiments to O'Brien in terms of the team diversity. With the new players and new positions, Andover is drilling a variety of offensive and defensive plays day by day as the team gets comfortable with them.

"So, we came into this year with a completely new offense and defense from what we ran in years past and it was a bit of a learning curve for all of us, but, we're starting to get things bit by bit and the more we're able to add to our playbook both offensively and defensively. I think it makes us much more versatile and then from that point on, once we just keep repping our plays, they're just going to come that much more natural to us," said Porter.

Andover Football will face Brunswick away this Saturday.

Eva Murphy
Oct 21, 2022

Andover Football Suffers Fifth Consecutive Loss Against Brunswick



With a 60 yard catch, KJ Edwards PG '23 secured Andover Football's longest gain against Brunswick this Saturday despite falling short 14-35. With its fifth consecutive loss, Andover's record stands at 1-5.

Despite the loss, Nick Jones '24 recounted the first Andover touchdown of the game by Edwards to tie the score at 7, which he believes was the highlight of the game.

Jones said, "In the first quarter, [Davian McDonald '25] threw a touchdown to KJ. It was a great pass, and a great catch. I think it was

a sixty-yard touchdown, or something crazy like that. It was the first touchdown of the game, and it tied the game up. It really kept the energy high."

According to McDonald, there was some success on defense and highlighted the return of running back Logan Cove '24.

"I think we did really good on defense actually, especially in the first half. They're a really good team, but we got a lot of stops and it put our offense in a position to score. We also did good running the ball. Logan, he came back. This [was] his first game back and he had some big runs. I mean also I think just every week I think we do pretty good with passing the ball and moving it up," said McDonald.

McDonald acknowledged the continuous errors on both sides of the field that led Andover to fall short. He especially pointed out mental errors—smaller errors that can be fixed through sufficient practice and better teamwork.

McDonald said, "I think some of the times we were just making mental errors. Like a drop pass, jumping off sides or missing a tackle; things we do every week. It's not like physical things, it's more like mental errors that we could fix. Fix in practice and stuff, but we messed up on defense a little bit towards the end. We started getting a little lazy, they started scoring. We made some mistakes on the offense as well, we dropped some passes and I missed some passes and I overthrew some passes, but I mean overall we did pretty good. We made some mistakes and we could've done better."

With the only two wins coming against Kent in the past two seasons, the program has faced a rough patch. According to Henry Sheldon '24 the team has developed some since last season's loss against Brunswick. "I think we're just going to keep building off of this and obviously, it was a tough loss but I think, well honestly, Brunswick is a great team. Brunswick is a team that last year we lost to 48-0 [on] Parents Weekend. This is a huge improvement, so I think we're just going to keep building off of this with practices of high intensity and keep building off of this energy," said Sheldon. Andover will be hosting Deerfield this Saturday.

Inem Anako,
Kierah Harris
Oct 28, 2022

Offensive Explosion, Last-Minute Touchdown Ends Football's Five-Game Losing Streak



With three interceptions in the second half, including one returned for a touchdown in the final twenty seconds, Andover Football edged out Deerfield 38-35 in the team's highest scoring game in five years. The team now has a record of 2-5.

The team's offense pressed Deerfield hard from the beginning of the game, which included a 60-yard jet sweep into the endzone by Co-Captain Joe Carrara '24, according to Seb Valasek '24. Valasek emphasized the team's ability to convert high-pressure situations into

dangerous scoring opportunities.

"I would say our game plan was very effective right from the beginning. Our first drive, although we didn't convert it into a touchdown, we moved the ball all the way down the field. And so we stayed on schedule for the whole game on offense. We controlled the line of scrimmage. And when we had our backs against the wall for third-and-longs, fourth-and-longs, needing the touchdown, our playmakers, our quarterback, wide receivers, running backs, made plays happen," said Valasek.

Henry Sheldon '24 shared a similar sentiment to Valasek, emphasizing the persistence of Andover's offense. Sheldon highlighted other contributors to the run-heavy game.

"Javeon [Talbot '23]'s scramble went on a roll and play where KJ [Edwards PG'23] ended up getting a 35-yard touchdown, which was a motivator to our offense. To show that even when our offense breaks down, we still know how to make plays because that's part of the game. Logan [Cove '24] did a great job as running back for the game at around 70-yards and including one touchdown," said Sheldon.

Though an improvement from previous games, Co-Captain Aidan Porter '23 still observed numerous mistakes the team made, giving up multiple long touchdowns to Deerfield. Just barely winning by three, the team hopes to overcome as many mental blocks as possible for its two remaining regular season games. Porter said, "I think the one thing we need to work on, we have been working on it but it can still get better by just eliminating the negative plays that we have. I think we had 21 bad plays against Brunswick that we found on film. That was significantly less against Deerfield but there still were a few. Whether it was silly penalties, missed assignments, bad balls thrown, balls that were thrown well that could have been caught. So we are getting there, but it is something that we can still be better on."

Ending the previous season 1-7, the team has since noticed drastic improvements, specifically in the cohesion of its playmaking and blocking on offense, according to Valasek. However, the team is still eager for more.

"[The win is] a relief for a few reasons. One knowing that we've tangibly improved since last year and that we can compete with some of the strong programs in our league like Deerfield. So in that sense, it's a relief, but also we're trying not to get too far ahead of ourselves because it is, after all, only a second win this season, so we're not satisfied with the way the seasons have gone so far," said Valasek.

Andover Football will face Suffield Academy away on Saturday.

Elise Minor
Nov 4, 2022

Boys Football Looks to Leave “Everything Out on the Field” Against Exeter



Entering Andover/Exeter Weekend with a 2-6 record, Andover Football is looking to end its season with a win this Saturday, despite being the underdogs to highly-ranked Phillips Exeter Academy. After a season of steady improvement, A/E serves as Andover Football's final opportunity to showcase its efforts this season, as the team did not qualify for playoffs.

Co-Captain Aidan Porter '23 emphasized the depth of Exeter's team, composed of numerous Division 1 collegiate commits. As one of the top teams in the New England Preparatory School Football

Association this season, with a 6-1 record, Exeter is expected to pose a very difficult challenge for Andover.

"They're heading to the Bowl Games, so on paper, they are one of our toughest opponents all season. I mean just preparing in general for them and just knowing they have a really good record. They've beat some really good teams this year. They have a really good recruiting class coming in this year. Numerous [Ivy League] commits and other guys that have very good offers right now," said Porter.

Although Exeter boasts a strong record, Andover still has hope, understanding that its preparations leading up to the matchup will determine the result, according to Co-Captain Andrew DeBenedictis '23.

DeBenedictis believes that focusing on the small details will be imperative to the team's success against Exeter.

"Right now, I just think we need to be [extremely] locked in. Exeter is a really, really good team. They beat a lot of teams that we lost to, but it's a rivalry game. Anything can happen. So we just really need to be detailed this week, watch a lot of film, and really have our best practices of the season so far. So it really all comes down to this week if we can execute. I think there's a chance," said DeBenedictis.

Co-Captain Joe Carrara '24 shared a similar sentiment to DeBenedictis, emphasizing quality over quantity. By taking on one aspect of the game at a time, the team prevents mental blocks or overwhelming pressure, according to Carrara.

"Taking care of the little things [is important] because maybe we try to do something that's too big, but if we just do our job and take care of the little things, that's all that matters. That's what we have to do to play a good game," said Carrara.

Despite losing to Suffield Academy the week prior, the team is still riding the momentum of its win against Deerfield two weeks ago, hoping to bring similar energy and play to Saturday's game. According to DeBenedictis, the team is entering this year's matchup against Exeter with more confidence than in last year's 6-37 loss.

"The win against Deerfield definitely showed that we are capable of competing with these high-level teams. Even though we lost to Suffield, we made it a game. We've been close a lot recently, so I think our confidence level is way higher than last year, and I think that gives us at least a little more of an edge compared to last year going into the Exeter game," said DeBenedictis.

Andover Football will face-off against Exeter this Saturday at 3:00 p.m. in the Phelps Stadium.

Meg Stineman

Nov 11, 2022

Andover Football Falls to Suffield 13-25



With an 80 yard drive minutes in, Andover Football's start against Suffield looked promising, but after a Suffield interception and touchdown, the halftime score was 0-19. Andover ultimately lost 13-25 at Suffield on Saturday. The team's record now stands at 2-6.

Co-Captain Aidan Porter '23 stated that leading up to the game, practices included a change in defense in order to adjust to Suffield's offense strategy. Though the defense applied these adjustments, Porter wished that the team would have been more motivated during practices.

"Suffield did run a different offense than most of the teams in the

league so defensively we had a lot of adjustments that we had to make... Our big thing is that regardless of wins or losses we want to get better every game and I think maybe we didn't hold each other accountable as much as we could have to that mindset during our practices. I will be honest, we did take a step backward, I feel against Suffield, so I think we were not holding each other accountable as much as we should have," said Porter.

Co-Captain Joe Carrara '24 echoed Porter's sentiment. According to Carrara, the beginning of the game did not demonstrate the team's potential, with low energy holding the team back.

"The way we started the game was not how we would have liked. We came a little bit flat and Suffield wasn't a great opponent, so we shouldn't have struggled like we did in the first half. Definitely, our strength was the second half, [when] we put together a great drive with a bunch of great plays. In general, [in] the second half, we played like we wanted to be there," said Carrara.

Scoring 13 points in the second half, the team adjusted to put points on the board — but according to Co-Captain Andrew DeBenedictis '23, the shift came too late.

DeBenedictis said, "Suffield scored quickly various times so we had to respond [quickly to that]. But in that second half, we really made the game and I was really proud of us since we kind of came up short in the end. We showed a lot of fight and a lot of effort in that second half. We just need[ed] to show it in the first half."

Looking ahead, Porter foresees the challenge that Exeter will pose in the upcoming A/E game. Porter noted that Exeter, with high NEPSAC standings and a top record, is Andover's "toughest opponent," but hopes that Andover will end the season strong.

"Given that Exeter does have such a good record, we have nothing to lose at this point, and they do have a lot to lose... We're gonna go out there, and it's our last game of the season. For a lot of our Seniors it's their last time ever putting on a football uniform, so [we're] just leaving everything out on the field. We're going to go out there, have fun, [and] hopefully have some surprises in store," said Porter.

Andover Football will host Exeter at 3 p.m. for A/E this Saturday.

Meg Stineman

Nov 11, 2022

Boys Varsity Soccer

2022

Head Coach: Edwin Escobar

Assistant Coach: Chris Ishizuka-Wade

Captains: Gio Pagliuca, Ellis Denby, & Zane Matraji

Managers: Matthew Leonard '24, Caroline McGirt '23, Fallon O'Connor '23, Anjolaoluwa Odukoya'24

Overall Season Record

Win	Loss	Tie
9	4	4

Letter Winners: Jack E. Alexander, Spencer C. Salhanick, Oliver E. Buckhoff, Garrett S. Holman, Nicholas S. Anastos, Alex Torrens, Zane W. Matraji, Ellis E. Denby, Alexander Coman, Giovanni L. Pagliuca, Elijah J. Robinson, Peter J. Elliott, Ryan N. Lam, Rafiq Kasumov, Jonathan Bu, Spencer Madge, Michael L. Hlavaty, Keegan J. Markgraf, Paul M. Gichana, Tegan F. Doll, Marc A. Nelson, Alvin Y. Liu, & Tristan P. Marnoto

Award Winner: SMOYER SOCCER CUP - Giovanni L. Pagliuca

Boys Soccer

2022 Schedule and Results

Sat	09/17/2022	Soccer BV	Belmont Hill	H	2:30 PM	5-0	W		
Wed	09/21/2022	Soccer BV	Milton	A	3:30 PM	1-1			T
Fri	09/23/2022	Soccer BV	Loomis	A	6:15 PM	1-1			T
Wed	09/28/2022	Soccer BV	Holderness	A	4:15 PM	3-0	W		
Sat	10/01/2022	Soccer BV	Taft	H	6:00 PM	2-0	W		
Wed	10/05/2022	Soccer BV	Bridgton Academy	H	4:00 PM	1-0	W		
Sat	10/08/2022	Soccer BV	Choate	A	4:00 PM	1-2		L	
Wed	10/12/2022	Soccer BV	Pingree	A	3:30 PM	2-1	W		
Sat	10/15/2022	Soccer BV	St. Paul's	H	3:30 PM	2-2			T
Wed	10/19/2022	Soccer BV	High Mowing	A	3:45 PM	1-1			T
Sat	10/22/2022	Soccer BV	N.M.H.	A	4:00 PM	0-2		L	
Wed	10/26/2022	Soccer BV	Cushing	H	3:15 PM	10-0	W		
Sat	10/29/2022	Soccer BV	Deerfield	H	3:00 PM	3-0	W		
Wed	11/02/2022	Soccer BV	Worcester	A	2:45 PM	0-2		L	
Sat	11/05/2022	Soccer BV	K.U.A.	H	3:30 PM	1-0	W		
Wed	11/09/2022	Soccer BV	Tabor	H	4:15 PM	5-1	W		
Sat	11/12/2022	Soccer BV	Exeter	H	11:00 AM	0-1		L	



Phillips Academy Boys Varsity Soccer 2022

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Jack E. Alexander	2025	Catskill, NY
2	Spencer C. Salhanick	2024	Andover, MA
3	Oliver E. Buckhoff	2024	Salem, MA
4	Garrett S. Holman	2024	Hamburg, NJ
5	Nicholas S. Anastos	2023	Norwell, MA
6	Alex Torrens	2024	Andover, MA
7	Zane W. Matraji*	2024	North Andover, MA
8	Ellis E. Denby*	2024	Salem, MA
9	Alexander Coman	2024	Dorval, QC CAN
10	Giovanni L. Pagliuca*	2023	North Reading, MA
11	Elijah J. Robinson	2025	Middletown, CT
12	Peter J. Elliott	2024	Andover, MA
13	Ryan N. Lam	2024	Atherton, CA
14	Rafiq Kasumov	2025	Monaco, MC
15	Jonathan Bu	2026	Ellicott City, MD
16	Spencer Madge	2025	Wellesley, MA
17	Michael L. Hlavaty	2023	Basking Ridge, NJ
18	Keegan J. Markgraf	2025	Whitefish Bay, WI
19	Paul M. Gichana	2025	North Andover, MA
21	Tegan F. Doll	2023	Obertrum, AT
23	Marc A. Nelson	2025	Jackson, NJ
25	Alvin Y. Liu	2024	Burlington, MA
30	Tristan P. Marnoto	2024	North Andover, MA

*Captain

Coach: Edwin Escobar

Assistant Coach: Chris Ishizuka-Wade

Managers: Matthew Leonard '24, Caroline McGirt '23,
Fallon O'Connor '23, Anjolaoluwa Odukoya'24



Boys Soccer 2022 Game Highlights

SEPTEMBER 17, 2022

Soccer BV vs Belmont Hill

W 5-0

OPENING DAY

Andover, MA - The Big Blue opened its season on Smoyer field on a perfect sunny day against Belmont Hill, a side that fought for 90 minutes. On the day, Big Blue played an excellent team fútbol, and the score is a testament to that effort. Paul Gichana ('25) opened the season scoring for the Big Blue after receiving a beautiful cross from Ellis Denby ('24). Denby would add the second of the day after an incredible individual effort that saw him pass three defenders and finish with a powerful shot that hit the left post and in. Rafiq Kasumov ('25) would continue the scoring off a corner kick taken by Ellis Denby. At the half, the score was 3-0 for Andover. In the second half, Belmont Hill started with a high press that took the Big Blue some time to figure out, but the boys in Blue did an exceptional job of adjusting and finding the open man, which led to Paul Gichana scoring his second of the day. The assist came via Alex Coman ('24), who delivered a dime of a pass from almost half field. Paul Gichana continued his incredible play by returning favors as he assisted Zane Matraji's ('24) first-season goal. Zane collected a pass from Gichana at the top of the 18-yard box and hit a low hard shot that beat an outstretched Belmont Hill keeper. On the day, the backline led by Garrett Holman ('24) and Tegan Doll ('23) was sensational and only allowed three shots in the afternoon. The play from Oliver Buckhoff ('24) and Spencer Madge ('25) was spectacular as it gave the team a different dimension of attacking and defending. Jack Alexander ('25), in goal, collected his first clean sheet of the

season after making three key saves to keep the visitors off the scoresheet. Overall, Big Blue started the season on Smoyer on as good of foot as one can.

Next, we are on the road to play New England powerhouse Milton Academy. We hope to receive your support there.

SEPTEMBER 21, 2022

Soccer BV at Milton

T 1-1

ON THE ROAD - GUNGAS VS MUSTANGS

Milton, MA - On a beautiful day, the Big Blue traveled to Milton Academy to take on a very organized and talented Mustang squad. As expected, the home side came out ready to play, and with good movement on and off the ball, the home side had possession of the ball and created good chances to get on the board early on; however, the Big Blue was up for the challenge and handled the pressure well. In the 18th minute of play, the home side would make us pay and go up on the score after a chain of poor decisions on our half of the field. Milton's # 11 would receive a through ball, after the errors, and head straight to goal and hit a rocket of a shot that our GK, Jack Alexander '25, could do nothing about. Paul Gichana '25 and Giovanni Pagliuca '23 were the big heroes of the day, as the high pressure of the two players would lead to a costly turnover for the Mustangs. Gichana's pressure from the outside made the outside back cough up the ball to a closely pressuring Gio Pagliuca, who collected the ball, drove into the box, passed two players, and finished a beautiful left-footed blast into the roof of the net.

Overall, Big Blue went up against a formidable opponent and walked away feeling like we could have done some things better on both sides of the ball. The young squad will continue to improve as we gain more trust and know each other.

The Big Blue continues its road tour at Loomis Chaffee Friday at 6:00 PM. We hope to see you there.



SEPTEMBER 23, 2022

Soccer BV at Loomis

T 1-1

ON THE ROAD VS. PELICANS

Winsor, CT, the Big Blue hopped on a bus this past Friday for a 6:30 PM game against the Pelicans of Loomis Chaffee. During the first 45 minutes of play, both teams showed great composure with the ball and organization. Despite a solid defensive effort by the Big Blue, the home team would go up on the scoreboard first after the pelicans #7 delivered a cross from the right side of the 18-yard box to the opposite post to find an incoming and open #11, who finished a beautiful header past Jack Alexander '25 who on the day was sensational. At the half, the Big Blue found itself down one-nil and looking for answers. In the second stanza, the Big Blue moved its pieces throughout the 45 minutes of play to create and find space and time for our attackers. With less than 10 minutes left to play, the strategy paid off as an off-the-bench Rafiq Kasumov '25 would find an open Ellis Denby '24, who calmly collected the ball and fired a hard shot met by an

excellent outcoming Loomis GK. However, the pelican GK could not hang on to the ball, and Denby followed his shot, recovered the ball, and buried his second attempt to the far post. The last 10 minutes of the game saw back-and-forth action from both teams, but the score remained intact. The Big Blue perhaps played its best 45 minutes of the season so far, and it was great to see the team pull together and come out with a tie in a difficult place to play. Thank you to those who came out to support us. We hope to see you at our next contest vs. Holderness.

SEPTEMBER 28, 2022

Soccer BV at Holderness

W 3-0

GUNGAS VS. BULLS

Holderness, NH - The Big Blue traveled north to take on the Bulls of Holderness. The home side was coming to the match with an unblemished record of 3-0, and they were determined to keep their record intact. Despite the rigid defensive shape displayed by the home side, the Big Blue enjoyed having possession on the day and created a significant number of scoring chances while the bulls were betting on counterattacks dealt with by our back four all day. On the day, defensively, Garrett Holman '23 and Oliver Buckhoff '24 were outstanding as they helped Jack Alexander '25 add his second clean sheet of the year. Excellent discipline was also demonstrated at the back by Alex Torrens, '24, and Alexander Coman, '24, who helped away the bulls from taking a single shot in the whole second half. Tegan Doll '23 and Ellis Denby '24 were also sensational. The afternoon, however, belonged to Zane Matraji '24, who scored all three goals in the contest. Zane, throughout the game, demonstrated composure and excellent field awareness that allowed him to convert and earn us the win.

We would like to give a special thanks to the Pagliuca family for giving us an incredible meal after the game. Also, the Marnoto family for also providing us delicious chocolate chip cookies, a team favorite! Thank you for all of your support. We hope to see you on Saturday as we go up against Taft at 6:00 PM at Phelps Stadium.

OCTOBER 1, 2022

Soccer BV vs Taft

W 2-0

GUNGA VS. RHINOS

Andover, MA - The Big Blue played this evening at Smoyer Stadium in front of a large crowd that came to support the team but, more importantly, the fight against cancer. In the evening, BVS knew the significance in front of them. Inspired by those in attendance, The Big Blue put together a memorable performance against a talented and well-coached Taft team. The game started with both teams demonstrating good organization on both sides. Early on, the visitors began to press the home team high, which created challenges for The Big Blue. Despite the pressure, defensively, Garrett Holman '24, Oliver Buckhoff '24, Spencer Madge '25, Alex Torrens '24, and Jack Alexander '25 shut down all of the attacks the Rhinos generated. On the day, Tegan Doll '23 was superb and a difference maker as he cleaned up everything that needed to be taken care of defensively while generating great chances to move forward. The visiting Rhinos, too, defended well, and many outstanding plays were made by their back four and GK to keep the score 0-0 in the first 45 minutes of play. The Big Blue made some adjustments at the half to free up space to operate and generate scoring chances. The changes saw captain Ellis Denby '24 combine with captain Zane Matraji '24 to make it one-nil. Matraji made no mistake of sending home a cross by Denby to give the home team the lead. The second goal came a few minutes later via Giovanni Pagliuca, '23, who dribbled passed three Rhinos to take a shot, find his rebound, and drill home the second tally of the evening. Tonight, the significant

contribution from the bench made an enormous difference. Time played by Ryan Lam '24 and Alex Coman '24, Elijah Robinson '25, and Marc Nelson '25 gave us the boost of energy that was needed at different times during the game. Overall, The Big Blue played a great team, and a great team performance needed to be put on display to have a positive result, and that is precisely what happened this evening. Congrats to all members of the BVS team on this great win.

Thank you to those who came to support the team and the fight against cancer. Next up, Brighton Academy on Smoyer Field on Wednesday at 4:00 PM. We hope to see you out there.



OCTOBER 5, 2022

Soccer BV vs Bridgton Academy

W 1-0

GUNGA VS WOLVERINES

Andover, MA - The Big Blue hosted the Wolverines of Bridgton Academy on a rainy day on Smoyer Field. Despite the conditions, both teams demonstrated good ball movement and organization on both ends. In the first 45 minutes of play, the visitors created several scoring chances that sailed wide or high. Jack Alexander '25 was sensational on the day in goal to keep the visitors at bay, and Garrett Holman '24 was terrific in the back four. Alex Torrens '24, too, played terrific fútbol on both ends of the ball, particularly in the second half. The score in the first 45 minutes of play would be 0-0, with Bridgton creating more chances. In the second stanza, The Big Blue again made personnel adjustments that created gaps in the opponent's half. On one of those rotations, Ellis Denby '24 would find himself out wide on a 1-on-1 situation and would beat his mark to send a beautiful cross to the opposite post for an incoming Zane Matraji '24, who finished a beautiful header to bring home the win. On the day, the play of Tegan Doll '23 and Giovanni Pagliuca was terrific as they both continue to cause chaos wherever they play on the field. Overall, today's match was challenging, both physically and mentally and to come out with a positive result shows how hard these young and talented group of players are willing to work for each other.

Thank you for coming and supporting us on this beautiful cloudy day. Hope to see you at Choate this coming Saturday at 4 PM.

OCTOBER 8, 2022

Soccer BV at Choate

L 1-2

GUNGA FALLS SHORT VS. WILD BOARS

Wallingford, CT - The Big Blue traveled south to take on a well-organized Choate squad. The Big Blue was coming off two challenging games versus Taft and Bridgton. The two games had us recovering all week, and at this game, the legs weren't yet as fresh as we wanted them to be. Despite the physical and mental wear of the travel, the Big Blue came out to play and, in the first half, created chances that just missed the target. In that same period, the Big Blue hit the post three times and as time kept moving, the feeling that today was

not our day started to hover over us. At the half, both teams went locked at 0-0. In the second half, frustration grew as the home side played a solid low/mid-defensive block. Trying to put more players up the field to increase the pressure offensively, the Big Blue was caught off guard by two Wild Boars two well-orchestrated counters, and in the blink of an eye, the Big Blue found itself down two-nil for the first time all season. On the day, the effort displayed by captain Ellis Denby '24 was terrific, and he brought us back within one goal after receiving a through ball from Zane Matraji '24, who also had a great game. Performances by Garrett Holman '24, Gio Palgiuac '23, and Tegan Doll '23 were excellent; unfortunately, today, the team lacked the cohesiveness to deserve a positive outcome. Lots of credit goes to the home team, who, on the day, came into the game with a clear plan and executed it perfectly. Thank you for coming and supporting us today. We hope to see you at our next contest vs. Pingree.

OCTOBER 12, 2022

Soccer BV at Pingree

W 2-1

GUNGA VS HIGHLANDERS

South Hamilton, MA - The Big Blue again hit the road to play a tough Pingree side. In the first half, Big Blue had possession of the ball, and in a few short minutes, the ball movement generated gaps to be exploited. In the first half, Big Blue had more than ten shots on frame plus a hand full of shots that went wide. Eventually, we would get on the scoreboard via Zane Matraji '24, who blasted a knuckling free kick from about 30 yards out. Soon after, Gio Pagliuca '23 would add his third of the season after receiving a cross from Garrett Holman '24. To the half, we went up two-nil. A quick PK for the home side changed the game in the second stanza and gave the home team hope and newfound confidence. The rest of the way, the home team began to use their GK as their number one strategy of attack, the Highlanders GK, who could punt the ball from his box to the other, complicated the afternoon for the Big Blue, as he would quickly launch the ball the other way for a foot race to take place. The Big Blue had to stay on its toes to keep the counters checked and it did so to earn the win today. More chances were created by Tegan Doll '23 and Zane Matraji '24 to extend the lead, but the home team made things difficult to extend the lead. Lots of credit to the home side, who had a clear plan against us. Lots of credit goes to us for working hard and finding a way to win against a team that fought to defend its home turf.

Thank you for coming and supporting us today. We hope to see you on Saturday as we go up against the Pelicans of St. Paul School. The game is to be played at Smoyer Field.



OCTOBER 15, 2022

Soccer BV vs St. Paul's

T 2-2

GUNGA VS. PELICANS

Andover, MA - On a beautiful day on Smoyer Field, the Big Blue hosted the Pelicans of St. Paul's during Family Weekend. The first 45 minutes of play were excellent for the Big Blue, who, via Ellis Denby '24 and Zane Matraji '24, went up 2-nil. In the second half, the visitors began posing problems for the Big Blue defensively, who could not clear balls well out of their 18-yard box on the day. On two occasions, the pelicans punished the home team and tied the score at two a piece. The Big Blue tried to get a late winner, but luck was not on our side.

Thank you for coming to support us today. Hope to see you at our next contest vs. High Mowing.

OCTOBER 19, 2022

Soccer BV at High Mowing

T 1-1

Wilton, NH - The Big Blue hit the road to play against High Mowing. On the day, Garrett Holman '24 and Ellis Denby '24 were up for the test defensively and turned away all of the attacks created by the home side. The home team was dangerous on the counter and made a few scoring opportunities in the first 45 minutes of play. At the half, both teams went tied at 0-0. In the second half, both teams went looking for the winning goal, and with 15 minutes left, it was the home team who would go up one nil after a run down the left flank led to a cross that was met at the far post by an incoming runner. The Big Blue did not stay back, and five minutes later, Oliver Buckhoff '24 would find an open Zane Matraji '24 in the box to tie the score at 1-1. Both teams fought hard to the end, but the score would not change, and 1-1 home both teams went.

Thanks for the support today. I hope to see you next time at NMH.

OCTOBER 22, 2022

Soccer BV at N.M.H.

L 0-2

GUNGAS VS. HOGGER'S

Gill, MA - The Big Blue hit the road to go up against defending champions NMH. On the day, the home team pressed hard and demonstrated why they are champions with smooth movement on and off the ball. NMH dominated the first 15 minutes of the game, but Big Blue would take over the passion of the ball and begin dominating possession and controlling the game's pace. The Big Blue could have gone up one during that period, but Zane Matraji's '24 attempt hit the crossbar. Against the run of play, the home team would earn a free-kick that was initially well-defended, but the rebounded landed on a clever NMH player who played a through ball into the box to an unmarked teammate who hit the first goal of the game and just like that NMH was up one-nil. Both teams kept battling in the first half, but 1-0 the score would remain into the first half. In the second stanza, The Big Blue went looking for the equalizer and, in doing so, moved some of its pieces around, and the gamble initially worked; that is, until the home team once again would expose one of our defensive weaknesses to make the score two-nil final score.

The play of Garrett Holman '24 was fantastic today, as was the space of Jack Alexander '25, who made great saves throughout the contest.

We appreciate your support today. Hope to see you at our next contest vs. Cushing on Wednesday.

OCTOBER 26, 2022

Soccer BV vs Cushing

W 10-0

GUNGA VS. PENGUINS

Andover, MA - The Big Blue hosted Cushing Academy on a rainy day on Smoyer Field. The Big Blue moved the ball well all afternoon and created many chances to score on the day, which led to today's decisive score. The contribution came from all team members today who played good fundamental soccer. Hope to see you Saturday as we go up against Deerfield Academy.

OCTOBER 29, 2022

Soccer BV vs Deerfield

W 3-0

BIG BIG VS. BIG GREEN

Andover, MA - The Big Blue hosted Deerfield Academy on a beautiful afternoon on Smoyer Field. The game started with pace and the home team created numerous chances in the opening minutes. The Big Blue would open the score via Zane Matraji '24, who received a dime of a pass from Spencer Madge '23. Madge would continue his excellent form into the second half and found himself in a position to deliver a powerful cross that the visitors could clear to make it two-nil. The third goal came via Alex Coman '24, who drilled a left-footed blast into the opposite post of the visitor's Goalkeeper. On the day, Ellis Denby '24, Tegan Doll '23, and Garrett Holman '24 were sensational. The play from Alex Torrens '24 was also superb, and Oliver Buckhoff '24 played arguably his cleanest game of the season. Spencer Madge was, again, terrific with his play. Jack Alexander, '25, in goal, looked like a second-year college player in complete control of his area. Paul Gichana '25 had a terrific day, and his play continues to cause problems for opponents. Marc Nelson '25, Elijah Robinson '25, Rafiq Kasumov '25, Peter Elliot '24, and Spencer Salhanick '24 made significant contributions.

Thank you for attending our game. Your support motivates us to be our very best—nextThe, Big Blue looks to give their best effort as we go up against the #1 team in New England. Next, Worcester Academy at Worcester.

NOVEMBER 2, 2022

Soccer BV at Worcester Academy

L 0-2

GUNGA VS. RAMS

Worcester, MA - The Big Blue traveled to Worcester this afternoon to take on an undefeated rams team. The first 45 minutes of the game became a contest of back-and-forward action between the two teams, with Andover creating the most straightforward chances to take the lead. Unfortunately, our attempts sailed wide on the day, and the rams GK had an exceptional day of action between the posts. The Big Blue enjoyed possession in the second half, but the home team had tremendous defensive discipline and did not surrender many spaces in front or behind. Additionally, the home team had an exceptional player who we defended well for 80 minutes but, on a defensive error, collected the ball and turned at the corner of the 18-yard box to fire a laser shot into the upper 90. That was an incredible shot by the rams striker. The rams would extend their lead on a corner kick that bounced around, and the ball unluckily bounced into our goal. Not a great result on the road, but we learned a lot, and it was great to see us compete well against a team that is bound to be in the postseason.

Thank you for always supporting us home and away. We look forward to bouncing back and bringing you joy this upcoming Wednesday at home versus KUA.

NOVEMBER 5, 2022

Soccer BV vs K.U.A.

W 1-0

GUNGA VS WILDCATS

Andover, MA - The Big Blue hosted KUA on a beautiful day at Phelps Stadium. In front of a fantastic home crowd, Big Blue played hard against a team that played hard for 90 minutes. The scoring could have opened up by Giovanni Pagliuca '24 after a beautiful pass from Garrett Holman '24. The attempt hit the interior of the crossbar, and it appeared to be over the line, but the referee's ruling did not favor the Big Blue and the game continued with both teams battling. To the break, both teams would go tied at 0-0. Both teams came out looking for the win in the second half, but the defensive effort on the day was incredible, and the two GKs were sensational. Finally, with 23 minutes remaining, Nick Anastos '23 fired a sideline throw that the visiting GK could not collect or clear, and the home team watched the ball drop into the back of the net for an incredible celebration to occur.

Overall, it was a great effort displayed by both teams, who fought from beginning to end to best represent their school and community.

Thank you to those who came to our game to support us. Next, The Seawolves of Tabor Academy on Smoyer field. We hope to see you there.

Boys Soccer In The News

Boys Soccer Sweeps Belmont Hill in the Season Opener, Meets Its Match Against Milton



Co-Captain Ellis Denby '24 sent a low, driven cross from the 18-yard line straight to Paul Gichana '25 on the back post, feeding the ball past multiple defenders. Gichana knocked the ball in and scored the first goal in Andover Boys Varsity Soccer's 5-0 win against Belmont Hill. On Wednesday, the team played a close game at Milton, ending in a 1-1 tie. Its record now stands at 1-1-0.

According to Gichana, the team's ability to work together in the season opener greatly contributed to its success. With only seven lowerclassmen on this year's team, Gichana highlighted the chemistry amongst both new and returning players.

"I think last year, we were a really young team, but this year we have more experience with each other, and we also have some new players coming in with us, so that's really good," said Gichana.

Co-Captain Gio Pagliuca '23 also credited the team's off-the-ball movement for the victory. Throughout the 90 minutes, the team's offense moved around consistently, which revealed weaknesses within Belmont Hill's defensive line.

"I mean, any game where you score five goals you can say the offense was definitely on top. I thought we were pretty fluid with our movement off the ball. A lot of players were kind of interchanging into positions, moving around all over the pitch, occupying different spaces, so I feel like our movement kind of allowed us to get those five goals," said Pagliuca.

According to Pagliuca, Gichana's goal on Saturday wasn't just the first goal of the game, but also, the first goal of the team's season. Pagliuca emphasized that starting off strong was important to the team's mindset for future games.



"Honestly, for me, I'd say the highlight of the game was just the first goal. I think obviously coming into the game everyone is nervous, excited, just a ton of emotions, and just kind of wanting to kick off the season in a positive direction. I think once we got that first goal, early on in the game, it set the tone for not only a positive game, but a positive season," said Pagliuca.

Gichana mentioned how crucial goalie Jack Alexander '25 was against Belmont Hill. Alongside the team's dominant offense, Alexander's clean sheet maintained the team's momentum, according to Gichana.

"We were up 1-0, and I think the game was fifty-fifty at its best, [but those saves] really made sure that we were in a good position to play," said Gichana.

After Saturday's game, the team wanted to work on maintaining possession and passing the ball well. Elijah Robinson '25 noted how well the defense played in its game against Milton.

"I think some of our biggest strengths are playing through the middle. I thought we did that pretty well, but we probably need to work on our attacking third. Our defense was pretty sound, we were able to park the bus," said Robinson.

In stark contrast to Saturday's game, Andover was challenged when playing against Milton, as evident in the tie. Though only the second game of the season, Robinson recognized that the team's energy played a major role in the pace and outcome of the game.

"At the beginning of the game, it was very fast paced. As it cooled down, they scored, but then we scored a goal later in the half, and our energy went back up for a while, and that was good. In the second half, it was just back and forth. Good energy," said Robinson.

Andover Boys Varsity Soccer will play away at Loomis Chaffee on Friday and at Holderness on Wednesday.

Boys Soccer Ties Loomis Chaffee, Shuts Out Holderness

Co-Captain Ellis Denby '24 dribbled the ball through Loomis Chaffee's 18-yard-box and shot the ball into the goal on his second attempt to tie the score 1-1 against Loomis, taking its second tie of the season. The team later defeated Holderness 3-0 in its game on Wednesday, bringing the team's record to 2-0-2.

"The [one moment in the game against Loomis] that sticks out to me is, obviously, our goal in the second half. It had been 0-1 for a while and then in the second half we switched the ball from the left side of the field to the right side; eventually the ball got to Raf [Kasumov '23]'s feet, kind of on the right wing. He made a pretty nice move around the defender and passed behind into the 18-yard-box to Ellis, who took a shot which then got deflected where he got another chance at it and he whacked it back in," said Co-Captain Gio Pagilucia '23.

The team employed varying offensive tactics according to Alex Torrens '24. Altering its strategy allowed the team to target the opponents' weaknesses throughout both of their games.

"Today, our offense was very possession heavy. Holderness sat back in a deep block so we really tried circulating it from side to side, trying to find those deep balls down the middle and trying to find the lines. Against Loomis, they did play a bit higher, they pressed higher, so our goal was to look for a bit more spacing behind, specifically to look for a place for Ellis on the wing because they had a younger player there, so we tried to channel in through Ellis," Torrens said.

At practices, the team worked on playing under pressure in preparation for their game against Holderness.

The team noted its opposition's playing style in order to practice most effectively.

Denby said, "We worked on playing under pressure and dealing with very intense pressure situations because Holderness plays a very high press tactic. In practice we did small-sided playing with a lot of pressure so we learned."

According to Oliver Buckhoff '24, an impressive highlight that stuck out was Co-Captain Zane Matraji '24's hat-trick against Holderness. Matraji's efforts played a significant role in the team's win.

"I was very impressed by Zane's third goal today. He did a beautiful turn of the box and slotted it away with a beautiful finish and was really impressive. Zane scored three times today, he played really well," said Buckhoff.

According to Pagliuca, a crucial element that sets Andover apart from others is its hardworking nature and team spirit. Pagliuca also highlighted the team's ability to control the ball for long periods of time during a game.

Pagilucia said, "One strength of the team is that we have hard workers; Alex Coman ['24], Garrett Holman ['24], Zane Matraji are just really, really hard workers. That's something that sets us apart from some of the other teams we play. There's definitely a lot of fight in us, a lot of hard-working players that are constantly pressing high and doing whatever they can to make the team win. I think other than that, on the more technical side of things, we are especially strong at our ball movement, how we possess, and how [we] are able to create chances to score."

Andover Boys Soccer will host Taft this Saturday.

Nina Torrens

Sep 30, 2022

Andover Boys Soccer Guard Undefeated Season, After Sweeping Taft and Bridgton Academy



Co-Captain Zane Matraji '24 received the ball from a low cross by Co-Captain Ellis Denby '24 and put Andover on the scoreboard in the team's game against Taft. Later on in the game, Co-Captain Gio Pagilucia '23 secured the victory after dribbling through the Taft defense and scoring the second goal of the game. Andover Boys Soccer concluded the game with a 2-0 win against Taft, and then went on to defeat Bridgton Academy (Bridgton) 1-0. The team's record now stands at 4-0-2

The team played Bridgton on Wednesday in Andover's stadium, at 6 p.m., under the lights. Denby highlighted the energy of the crowd throughout the game and the feeling it brought to the team.

"[The atmosphere of the game] was great. We had a lot of support. I saw a lot of people in the crowd that I knew which was very exciting for us. I liked how everyone was wearing pink and supporting an important cause which is breast cancer awareness. I just really loved the atmosphere when we scored. It was electric; everyone was going crazy and the second goal was the same thing. And then after the game, everyone started running to the field. It really got the boys going and you could see it in our play," said Denby.

According to Pagiluca, prior to the game, the team focused on training specifically to address the difficulties that Taft typically imposes upon its opponents. Thus, the team worked on dealing with pressure on the defensive end of the field.

Pagiluca said, "In practice, [we] worked on breaking the press. We knew that Taft is a team that likes to high press our defenders and kind of win the ball off of us. We practiced being able to pass it to defense and break through their pressure."

According to Pagiluca, one of the main factors in the team's victory was its constant effort throughout the game. While both teams were technically similar, Andover's hard work proved to be the difference.

"Our biggest strength, more than anything on Saturday, was our work rate on and off the ball. I think, as a team, everyone on the field worked really hard and pressed hard, were just constantly running their hardest and always fighting for the ball and just everyone brought the energy. Overall, the team focus level was really high and I think that's what ultimately separated us from Taft," says Pagiluca.

In the game against Bridgton, the opposition successfully supplied pressure on Andover throughout the first half. However, in the second half, the team began to control the ball more and command the tempo of the game, according to Alex Torrens '24.

"Our weakness was, overall, the first half. We came out a little slow. It was a little sloppy, we were lacking some intensity, we weren't really applying what we had worked [on], but then we had a spark in the second half. We started playing with more energy, we started possessing and imposing our style which then led to our victory," said Torrens.

Torrens also added that once Andover figured out its opponents main plan of attack, the team was able to take that away and halt Bridgton's primary path towards goal.

"Their main attacking points were just through over the top long balls so we were able to just nullify that by sort of trying to anticipate them. They didn't possess too greatly so we eventually were able to break through that."

Andover's next game is on Saturday at Choate.

Nina Torrens

Oct 7, 2022

Co-Captain Ellis Denby '24 Inspires Boys Soccer with His Sociability and Offensive Production



Co-Captain Ellis Denby '24's love for soccer was first sparked at five years old, when he and his older brothers play in the yard and on the field. Ever since, he has continued to excel at the sport. According to Denby, his favorite aspect of the game is the freedom of playing and the opportunities to connect with others.

"I would say [my favorite aspect is] probably just when you're on the field and sort of everything else doesn't really matter and you can just be yourself and you don't have to worry about anything. But also,

you get to just spend time with your friends and it's a really good way to bond with other people and connect with people from all over," said Denby.

According to Denby, he strives to achieve an effective balance between being both a supportive friend and constructive leader on the team.

"I would say that I like to lead by example and sort of my conduct on the field and off the field. I like to think that I work really hard to set an example for the younger players on the team. And also, off the field, just

being a friendly guy, being a nice guy, and sort of being the example that you should be inclusive to everyone and treat people with respect. Be friendly and on the field, holding people accountable while still being a nice guy and getting the best out of everyone,”

Both a challenger on the field and a team player, Denby has found a way to balance encouraging his team while consistently helping them grow, according to Co-Captain Zane Matraji '24.

“Ellis, as a captain, leads by example. I think that he has this mentality that I’ve never really seen before. And he’s able to push others in a very positive way while also demanding a lot from us,” said Matraji.

Denby enjoys all aspects of the game, from conversing with teammates to producing on offense. According to Denby, he strives to create a close-knit team environment with his amiable personality.

“I like involving everyone else. I like scoring a lot but I also love assisting and getting other people involved. So I think as a player, I’m someone that takes the game in the middle of the field and gets people involved and makes things happen on the attack while also trying to defend the best that I can. And then as a person I think I’m a friendly guy, a lot of my friends, my best friend, are the kids on my team so it’s sort of just trying to create a good bond the past couple years. But then also there’s not a single player on the team that I’m not friendly or friends with or I can’t have a conversation with, so I think it just shows who I am as a person. I like to talk to people, I like to be friendly and get to know people. I would describe myself as a social person,”

Oliver Buckhoff '24 highlighted Denby’s attributes as a soccer player and a person. Having played soccer with Denby since childhood, Buckhoff noted Denby’s example-based leadership style.

“I appreciate Ellis’s leadership both on and off the pitch and I think on the pitch he leads by example. He’s always doing the right thing, he has the right ideas, and he’s encouraging us to do the right things as well. And off the pitch he’s just a genuinely nice guy. He’s just a pleasure to be around, he creates a cohesive team chemistry,” said Buckhoff

Younger players, such as Paul Gichana '25, have expressed admiration for Denby as well. Gichana explained that he looks up to Denby as a primary scorer.

Gichana said, “He scores a lot of goals for us and gets a lot of great assists for our team. When he scores, it’s just a really good moment for the team, especially for myself because it encourages me to help the team as well.”

Maddie Redmond
Oct 14, 2022

Co-Captain Gio Pagliuca '23 Views Andover Boys Soccer as His Family



Andover Boys Soccer Co-Captain Gio Pagliuca '23 creates a sense of family with his teammates by leading by example and supporting others when they are down. Though he started playing soccer because of his family, his teammates are what have made him continue playing. Pagliuca learned from his former captain’s demonstrations of teamwork and collaboration early on in his Andover Boys Soccer career, which has helped him towards his role as captain today.

“I looked at the upperclassmen, and especially the captains of my team, as role models. I try to model my own captaincy off of how they led. For me that looks like including everyone and making sure everyone’s enjoying

being together, whether it’s on the field or off the field. For me, the best way to bring that sense of camaraderie is by including everyone in whatever activity it is, making sure everyone’s engaged,” said Pagliuca. Pagliuca continued, “On the field and in practice sessions, it’s easier to bring that sense of camaraderie because you’re all working towards an obvious goal, but I think it can be a little more difficult off the field, and I think the best way off the field to build that sense of team spirit is by being really intentional about creating and maintaining positive relationships, so constantly reaching out to the guys, making sure they’re alright, having fun with the guys and just enjoying each other’s presence.”

According to Jonathan Bu '26, one of the things that Pagliuca does best is maintain a cool head during games, which leads to control and positivity on the field. Bu says that Pagliuca always encourages team members to get back up even when they make a mistake.

"Whenever someone makes a mistake or makes a bad pass, he always comforts them. We try not to put others down because that's the worst thing you can do in that kind of situation, to yell or put someone down on the team, and you just want to encourage them so they can make a better play the next time," said Bu.

According to Ryan Lam '24, not only does Pagliuca provide tranquility on the field, but he is also a captain that players can look towards for support off the field. Lam recounted a personal experience in which Pagliuca cheered him on even after a difficult day.

"I remember one time I was feeling really down. I think that time, I got a bad math grade back on a test—this was last spring... but because he's a day student, he took me and maybe three other teammates; we just went, and we drove to his house between ASM and period seven, and his parents treated us to a meal, and I really did feel better," said Lam.

According to Pagliuca, soccer has helped him understand the significance of team chemistry and working together. Throughout his four years on the team he has learned that the only way to grow and be strong as a team is by working together.

Pagliuca said, "I'd say soccer's helped me a lot, just by being able to understand the team dynamic the sport allows. In soccer you can't win, score goals, or meet your expectations if you don't go at things as a team. If it's not a collective effort, you won't achieve your goals and that's a big thing I've learned through soccer.... If there's not a sense of unity and camaraderie amongst a group of people, there's not going to be any success."

While Pagliuca is unsure of what his future in soccer will look like, he is certain that he will continue playing. Encouraged by the connections he made in soccer at Andover, playing on a team is the perfect way to enter a new environment.

"To some capacity I'd love to play soccer in college, I'm not sure if that would be at the varsity level, or maybe the club or recreational level, but I'll definitely plan on continuing to be a part of a soccer team in college, just because of that camaraderie, really the relationships that soccer has given me. I definitely want to keep making those relationships into college and I think soccer is a great vehicle to perform these easy relationships with like-minded people," said Pagliuca.

Andre Wu
Oct 14, 2022

Boys Soccer Faces Two Consecutive Ties Despite Strong Ball Possession



Andover Boys Soccer conceded two second-half goals to St. Paul's, leading to a 2-2 tie. Another draw against High Mowing followed, bringing Andover's record to 5-1-3. Following the two draws, the team is intent on preparing for their major upcoming game against Northfield Mount Hermon (NMH).

Approaching full time with a 2-0 lead at home against St. Paul's, Andover Boys Soccer fell to the pressure that its opponent had

sustained throughout the final 20 minutes, and conceded an equalizing goal. Jonathan Bu '26 described the team's progression throughout the game.

"I think we did well passing wise, in the first half we had a lot of good movement, good runs from the front line... we scored two goals, they really didn't touch the ball. [In the] second half we had a lot of chances, we were still dominating but we just couldn't put the ball in the back of the net, and I think that ultimately in the last 20 minutes they started crawling their way back, fighting, and they scored two goals," said Bu.

Wednesday's game played out in a similar fashion, where the team tied 1-1 against High Mowing due to a last-minute goal allowance. Ryan Lam '24 noticed the team's difficulty in keeping possession of the ball in High Mowing's half, preventing the team from creating scoring opportunities.

“One of our biggest problems is bringing the ball up. Usually we try to pass and keep passing around the midfield. We try to hit our attackers... One thing we did really well was not trying to be too elegant with all the passing; we just hit the target,” said Lam.

Following the consecutive draws, the team faced a lack of motivation and confidence. However, Lam recounted an uplifting speech made by Head Coach Edwin Escobar after Wednesday’s game that gave the team a new perspective on the rest of the season.

“Today was a friendly game in preparation for arguably one of our biggest games this Saturday. At the beginning of the game, our coach said we haven’t played our best. We’ve had some really high moments in our season. There’s also been some low moments, but he said that we need to put that all in the past, and our season starts now. Seven games left, just consider that we have a seven game season, we really need to focus on the upcoming NMH game,” said Lam.

Co-Captain Zane Matraji ’24 focused on the sense of growth that he hopes to see this season. He views the upcoming game as an opportunity for the team to improve upon its stamina before higher-pressure games in the latter half of the season.

“I’m looking forward to building off of Saturday’s game. We faltered in the second half, and that allowed the other team to get back into it. I’m looking forward to using this game as a chance to build on that, and hopefully our team can show some development, and we’ll come back a stronger side than we were on the weekend,” said Matraji.

For many players, games impose immense pressure that can hinder their performance. One way that Lam, alongside other team members, centers himself before-high pressure games is finding solace in the comradery of his team.

“One thing that really helps me prepare myself is the comradery between our teammates. I personally think that BVS is like a family. Everyone supports each other, everyone hypes [up] each other. Even though we have our highs and lows, everyone [still] supports each other, and when that happens, that helps me mentally get into the game,” said Lam.

Andover Boys Soccer will play at NMH on Saturday and host Cushing on Wednesday.

Sophia You,
Ophelia Lee
Oct 21, 2022

Boys Soccer Crushes Cushing 10-0 in Fiery Comeback from Loss to NMH



Looking for a comeback after a 0-2 loss against Northfield Mount Hermon (NMH), Andover Boys Soccer’s 10-0 win against Cushing represented a statement of intensity and skill. Andover’s heavily rotated lineup maintained pressure on Cushing throughout the game, dynamically combining to repeatedly create scoring opportunities.

With a record of 8-2-1, NMH presented Andover with one of its greatest challenges yet. Despite finding many chances to score throughout, the game was ultimately decided in the two boxes, as Andover was unable to convert its chances.

“[The] atmosphere was definitely very intense, which is good. In the past few games, I’d say it’s been pretty lacking, it’s been going pretty slow. But we definitely brought it to NMH. The effort was there, I just thought we got unlucky in the end... We had a lot more chances at NMH, but one thing that really kind of defined the game was that they were able to finish their chances. In the past few games, we haven’t been as clinical I think as we’d like to be,” said Madge.

According to Paul Gichana ’25, Andover made a positive start to its game against NMH, combining passes to keep possession of the ball. The turning point of the game came in NMH’s first goal in the twelfth minute, where there was a significant drop in its energy.

“I think at the beginning of the game, we started off really well. We were pressing and we were moving the ball around them a lot. But I think as the game continued, and they scored their first goal, it really affected us, so it really brought us back. However, we still kept playing and working hard,” said Gichana. Andover’s build-up was best exemplified by Zane Matraji’s ’24 near miss in the first half. After progressing the ball into NMH’s half and maintaining possession, Alex Torrens ’24 spotted Matraji, whose shot bounced off the crossbar.

“I would definitely say some moments in our game was in the first half, we built out of the back really well and progressed into their half and then we kept the ball really well and Alex Torrens found Zane who took a shot and hit the crossbar, so we were very close to scoring and we built out the back really well, just a lot of strong passes and a great team effort for what almost could have been a nice goal,” said Madge.

Paglicua emphasizes that NMH’s goals came in large part due to Andover’s loss of focus at times.

“Some plays that stood out for negative reasons were their goals. [We] were just kind of a little bit too relaxed in those moments, and that’s kind of how we allowed ourselves to be scored on,” said Paglicua.

Prior to Andover’s victory against Cushing, Pagliuca highlighted the importance of protecting the 18-yard box as well as being more vocal on the defense. He added that fluidity on the offense was one aspect on which Andover worked on offense.

“I think going forward, defensively, we need to contain and defend our 18 [yard box] a little bit better than we have been... It’s been difficult for us all season [to defend] set pieces and I think being a little more communicative in those areas of the pitch, having more unity in those areas, clearing the ball and anticipating a bit more together. Offensively, I think we can be a little more fluid in our movement off the ball,” said Pagliuca.

With an overwhelming victory of 10-0 against Cushing, Andover will head into its game against Deerfield this weekend on a positive note. The game served as a boost to Andover’s confidence as many players were able to find time on the pitch.

“Overall I think the game went really well this afternoon. As a whole, the team played really strongly. We moved the ball really well, we possessed really well and we created chances. My biggest takeaway from today’s game was we were able to play a lot of our players in today’s game, we were able to cycle through a lot of substitutions... It was a great win and I think definitely got us back on the winning mindset and back on track as we head into the difficult game against Deerfield this weekend,” said Pagliuca.

Andover Boys Soccer looks forward to facing Deerfield this Saturday at home.

Sophia Cratty
Oct 28, 2022

Girls Varsity Soccer

Fall 2022

Coach: Elisa Joel

Assistant Coach: Nouredine El Alam

Captains: Kelly Bu, Emma Robinson, & Michelle Brunetti

Managers: Gabrielle Edokpa, Daniella I. Nugent, Alanna Z. Olsen, Victoria Ortiz, & Bryce Waweru

Overall Season Record

Wins	Losses	Ties
6	6	6

Letter Winners: Abigail G. Heppelmann, Alejandra P. Alicea, Emily L. Decker, Sarah Powers, Kelly Bu, Wylie B. Roossien, Lola M. Aguirre, Myranda M. Lu, Hayden Fischer, Lauren E. Herlihy, Emily Mara, Elisabeth L. Rourke, Lilliana E. Keim, Jazaher B. Cormier, Emma R. Robinson, Kathaleen M. McCool, Ysabella Y. Vargas, Ava B. Davey, Sophie N. Dandawa, Caroline C. Averill, Gabrielle Edokpa, Daniella I. Nugent, Alanna Z. Olsen, Victoria Ortiz, & Bryce Waweru

Award Winner:

DRAKE SOCCER AWARD – Kelly Bu

Girls Soccer

2022 Schedule and Results

Sun	09/11/2022	Soccer GV	Prep Showcase	A	9:00 AM				
Wed	09/14/2022	Soccer GV	Groton	A	3:15 PM	3-1	W		
Sat	09/17/2022	Soccer GV	Rivers	A	1:00 PM	1-1			T
Wed	09/21/2022	Soccer GV	Middlesex	H	3:30 PM	4-0	W		
Sat	09/24/2022	Soccer GV	Loomis	A	2:00 PM	1-7		L	
Wed	09/28/2022	Soccer GV	Worcester	H	4:00 PM	0-3		L	
Sat	10/01/2022	Soccer GV	Tabor	H	4:00 PM	1-3		L	
Mon	10/03/2022	Soccer GV	Pingree	H	4:30 PM	1-1			T
Wed	10/05/2022	Soccer GV	Austin Prep	A	3:00 PM	1-3		L	
Sat	10/08/2022	Soccer GV	Choate	A	1:45 PM	4-6		L	
Wed	10/12/2022	Soccer GV	Brooks	H	3:00 PM	2-1	W		
Fri	10/14/2022	Soccer GV	St. Paul's	H	5:15 PM	1-1			T
Wed	10/19/2022	Soccer GV	Governor's Academy	H	3:00 PM	1-1			T
Sat	10/22/2022	Soccer GV	N.M.H.	A	4:00 PM	1-0	W		
Wed	10/26/2022	Soccer GV	Thayer	A	3:45 PM	1-3		L	
Sat	10/29/2022	Soccer GV	Deerfield	H	1:00 PM	4-1	W		
Wed	11/02/2022	Soccer GV	Noble & Greenough	A	2:45 PM	2-2			T
Fri	11/04/2022	Soccer GV	Lawrence Academy	H	6:00 PM	1-1			T
Sat	11/12/2022	Soccer GV	Exeter	H	1:00 PM	4-0	W		



Phillips Academy Girls Varsity Soccer 2022

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Pos</u>	<u>Hometown</u>
0	Abigail G. Heppelmann	2023	GK	Boston, MA
1	Alejandra P. Alicea	2024	GK	Andover, MA
2	Emily L. Decker	2026	D	Daniel Island, SC
4	Sarah Powers	2026	F	Lynnfield, MA
6	Kelly Bu*	2023	D/M	Ellicott City, MD
7	Wylie B. Roossien	2026	F	Nahant, MA
8	Lola M. Aguirre	2026	D/M	Barrington, RI
9	Myranda M. Lu	2023	D	Andover, MA
10	Hayden Fischer	2025	M/F	Chicago, IL
11	Lauren E. Herlihy	2025	M/F	Reading, MA
12	Emily Mara	2025	F	Winchester, MA
14	Elisabeth L. Rourke*	2023	M	Wellesley, MA
16	Lilliana E. Keim	2025	D/F	Atlantic City, NJ
17	Jazaher B. Cormier	2024	F	Fort Myers, FL
19	Emma R. Robinson*	2023	M	Marblehead, MA
21	Kathaleen M. McCool	2023	D	Rancho Santa Fe, CA
22	Ysabella Y. Vargas	2023	D	Methuen, MA
23	Ava B. Davey	2025	D	Andover, MA
24	Sophie N. Dandawa	2025	F	Derry, NH
30	Caroline C. Averill	2026	GK	Wayland, MA

*Captain

Coaches: Lisa Joel and Nourredine El-Alam

Managers: Gabrielle Edokpa '24, Daniella I. Nugent '25, Alanna Z. Olsen '23, Victoria Ortiz '23, Bryce Waweru '24



Girls Soccer 2022 Game Highlights

SEPTEMBER 11, 2022

Soccer GV at Prep Showcase at Rivers School

GREAT SHOWING AT ANNUAL PLAYDAY FOR GVS

GVS2022 arrived at the annual NEPSAC playday excited for some great competition after an awesome preseason and earlier this summer, a return to Team Prep Camp in Casco ME. This year's team is led by tri-captains Lulu Rourke '23, Emma Robinson '23 and Kelly Bu '23. GVS welcomed 13 new teammates after an incredible graduating class of 2022 saw 12 GVS teammates depart. This said, GVS22 is working daily to come together - and to great success. The first forty minutes of play versus Class A/ISL power Milton Academy was highlighted by a fantastic goal from ninth grade phenom Wylie Roossien, assisted by captain Lulu Rourke. Later in the morning, the team took the field against a formidable Noble and Greenough squad. Both teams battled at each end of the field to a 0-0 result after 40. They look forward to seeing each other again in early November during the regular season.

Thank you to Rivers School and Susanna Donahue for hosting this great season-opening event. In addition, thanks to all our parents, grandparents and little siblings (Hope!) who cheered us on. The team were treated to a special luncheon at the Rourke home following a fantastic morning - a perfect way to wrap up the weekend!

SEPTEMBER 14, 2022

Soccer GV at Groton

W 3-1

GVS KICKS OFF 2022 SEASON WITH A 3-1 W ON THE ROAD

GVS kicked off the 2022 season with a strong road win at Groton School, 3-1. The team is psyched to welcome five ninth graders to GVS as well as eight members of an undefeated JV team in 2021.

Ninth graders Wylie Roossien and Emily Decker earned their first GVS starts as did former JV stars Ava Davey and Lauren Herlihy. Rounding out the starting line-up include captains Kelly Bu '23, Lulu Rourke '23 and Emma Robinson as well as teammates AJ Alicea '24, Emily Mara '25, Jazzy Cormier '24 and Kate McCool '23.

Player of the Game Wylie Roossien tallied a hat trick in the first half of play and was assisted by three different teammates, Mara, Robinson and sophomore Lily Keim. While GVS had a few more opportunities in the second half, Groton found its way to the score in the final seconds of play on a scramble inside the 6-yard box. Goalkeeper AJ Alicea looked confident with four saves as did the back line which included Bu, Davey, McCool, Decker as well as Keim and Lu with strong minutes off the bench.

It was great to see numerous friends from Andover who now work and coach at Groton School including for GVS stars, Hannah Guzzi '14 and Katie Kreider '14. Guzzi and Kreider were classmates and four-year varsity members of GVS prior to their collegiate careers at Amherst College and Hamilton College, respectively. Other Andover to Groton friends include head Groton coach, Ryan Spring as well as Midori Ishizuka '11 and Kellie Walsh '11. Of course, it cannot go without mention that a highlight was seeing former Andover colleague and dear friend, Groton Headmaster Temba Maqubela.

Thank you to our parents and siblings for their positive support on the sidelines and to the Keim family for the delicious treats. GVS heads to Class B powerhouse Rivers School on Saturday.

SEPTEMBER 17, 2022

Soccer GV at Rivers

T 1-1

GVS BATTLES RIVERS TO 1-1 DRAW

GVS hit the road for the second time this week to face Class B powerhouse Rivers School. As anticipated, it was a high-paced, well-fought game with Andover getting on the scoreboard first just minutes into play. Tri-captain Emma Robinson '23 struck a great free kick that teammate Jazzy Cormier finished inside the box.

The back line of Kate McCool, Kelly Bu, Ava Davey, Emily Decker, Myranda Lu and Lily Keim continue to show great composure under River's fast, high pressure offense while goalkeeper AJ Alicea was spectacular with a number of saves that kept the game in the favor of the Big Blue. First-year Sarah Powers came off the bench to add a spark including a dangerous cross through the six-yard box that got away from Andover front-runners. With eleven minutes left to play, Rivers finished on a scramble in front of the net to knot the game. Player of the Game went to captain Emma Robinson '23 for her always strong play in the midfield and her leadership guiding a young and talented Andover team.

On another beautiful fall day, it was great to see so many family members lining the sidelines - including grandparents traveling from Vermont! We were also grateful for Hayden Fischer's mom who traveled from Chicago and provided a blanket-full of treats and drinks for all at game's end. We are excited for our home-opener on Wednesday at Smoyer v. Middlesex School!

SEPTEMBER 21, 2022

Soccer GV vs Middlesex

W 4-0

GVS IMPRESSES WITH 4-0 HOME OPENING WIN

A three-goal second half capped an exciting day for the home-opener for GVS as they emerged with a 4-0 W over Middlesex School.

Andover controlled much of the run of play in the first forty minutes however, the Big Blue struggled to find the back of the net until the final minute of play when captain Emma Robinson found Emily Mara '25 on the back post.

GVS stepped up in the final forty and proved much more productive in the final third. Senior Kate McCool, who had a spectacular 80 minutes of play, found Jazzy Cormier through the middle for a text-book finish at the 31 minute mark. Six minutes later, lower Hayden Fischer came off the bench and within minutes made an incredible run to the top of the box where Cormier found Hayden's for

her first GVS career goal. In the final minutes of play, Emily Mara broke into the final third yet again and sent a perfect lofted ball to Wylie Roossien '26 who head the ball into the back of the net. Jazzy Cormier's one goal, one-assist game earned her Player of the Game!

Also to note, AJ Alicea earned the shutout in goal while teammates Abby Heppelmann and first-year Lola Aguirre earned their first varsity minutes for the Big Blue. A shout out to every player on GVS as the collective focus, energy and friendship continues to lead to success and lots of fun. It was great to see former teammate Kendall Toth on the sidelines and to welcome back to Andover former GVS captain (and now Middlesex assistant coach) Leah Humes '12.

As always, thank you to our fans and also to Wylie's brother Jace '23 who was our team photographer alongside manager/photo/side-line runner super star, Victoria Ortiz. We are grateful for the snacks from the Davey family particularly the Smolak Donuts.

SEPTEMBER 24, 2022

Soccer GV at Loomis

L 1-7

GVS FALTERS ON ROAD

After an unexpectedly long bus ride to Loomis Chaffee on a beautiful Saturday afternoon, the Big Blue couldn't find their legs and a talented and well-coached Loomis squad handed GVS their first loss of the season. Emily Mara '25 scored the lone goal for the Big Blue. Thank you to our families who traveled through heavy traffic to see us - and to AJs family for delicious calzones at game end. We were also thrilled to see former Dean of Students Jenny Elliott on the Loomis sidelines and a final shout out to our athletic trainer Amy Wiggins who became a grandma today too! Onward to our next home game this Wednesday versus Worcester Academy.

SEPTEMBER 28, 2022

Soccer GV vs Worcester

L 0-3

GVS FALLS SHORT IN SPITE OF STRONG 2ND HALF EFFORT

On yet another beautiful fall afternoon on Smoyer Field, GVS faced a top Class A opponent in Worcester Academy. Unfortunately, the Big Blue found themselves down 1-0 after a counter attack by WA in the first five minutes of the match. While creating a number of chances in the first half, GVS could not find settle in to the game and found themselves behind, 0-3 at the half.

GVS regrouped and reset goals at the break and had a much stronger final forty minutes of play. While we had scoring chances, we were not able to find the back of the net.

A highlight of the day was the play of newcomer Lola Aguirre '26 who stepped into the midfield late in the first half and then played the full forty in the second half. Lola's notable performance earned her Player of the Game.

Thank you to Caroline Averill's family for providing delicious snacks at game end...and a fun fact, Caroline's mom Ali once starred for GVS for a full-circle moment. Next up, Tabor Academy this Saturday.

OCTOBER 1, 2022

Soccer GV vs Tabor

L 1-3

GVS LOOKS TO BOUNCE BACK IN OCTOBER

Always a formidable opponent, Tabor Academy jumped out to an early lead in the first minutes of the match. While Andover controlled the ball well and created numerous dangerous chances, they were unable to find the back of the net in the first forty minutes of play.

In the second half of play, GVS persisted and their persistence paid off when outside back Kate McCool corner kick found sophomore Emily Mara in the box for the score. Unfortunately, Tabor pounced on two quick goals in the final minutes of play to keep the game of our reach.

Senior back Kate McCool earned Player of the Game for her composure, inspiration and positivity throughout the hotly contested game. Earning her first GVS start was 9th grader Lola Aguirre in the midfield. A shout out to the leadership of captains Kelly Bu and Emma Robinson. Thanks to our family and friends who always show up in support. We were particularly thrilled to see the parents of ninth grader Emily Decker who travelled safely from Charleston SC as Hurricane Ian moves through their state. We also were delighted to celebrate the 15th birthday of teammate Lola! A big week ahead with three games in six days.

OCTOBER 8, 2022

Soccer GV at Choate

L 4-6

GVS BATTLES BACK IN HIGH-SCORING CONTEST

Traveling to Choate on a beautiful Saturday afternoon, GVS found itself down early after a fast start versus the Wild Boars. With under ten minutes to play in the first half, captain Lulu Rourke sent a fantastic ball to Soph Dandawa '25 who scored her first GVS career goal. Minutes later, Wylie Roossien '26 got taken down inside the box and demonstrated great composure at the PK mark. GVS headed into the half down 2-4 but feeling momentum building.

The second half of play proved exciting as Choate extended the lead, 5-2 and found GVS respond with two goals in four minutes - one off a corner kick by captain Emma Robinson and Roossien struck again with a fantastic ball into the box by speedy Emily Mara '25. Shout out to seniors Abby Heppelmann (GK), Kate McCool, Myranda Lu, Kelly Bu, Robinson and Rourke who provided constant encouragement and inspiration with their play and attitudes. Lulu Rourke was named P.O.G.

Thank you to our parents and family members who traveling to CT and a special shout out to former GVS teammate Marie-Eve Marleau '22 who made a surprise visit on the sideline. The team looks forward to two home games this week including Family Weekend under the lights!

OCTOBER 22, 2022

Soccer GV at N.M.H.

W 1-0

GOAL IN FINAL MINUTES OF PLAY LIFTS GVS TO 1-0 W ON ROAD

In a great team effort, GVS came home with a W after a battle against the NMH Hoggars. While doing a great job creating offensive opportunities, moving the ball and maintaining possession, the Big Blue did not find the back of the net until the final four minutes of play when center back Ava Davey '25 found Emily Mara '25 inside the box. As always, Mara's gritty play yielded results as she beat her back and the GK one-v-one.

Sophomore Ava Davey was named Player of the Game. Thanks to our families who took the trip to western MA and to the family of Ysabella Vargas who provided GVS (and BVS!) delicious pizza and snacks following the game.

OCTOBER 29, 2022

Soccer GV vs Deerfield

W 4-1

GVS EARNS GREAT HOME W OVER BIG GREEN

As GVS looks to the final weeks of the fall season, the team stepped up their play and earned an incredible home win (4-1) versus Deerfield Academy.

So much inspired the Big Blue today - including the return of captain Emma Robinson '23 to the sidelines. The team sought to control the tempo of the game and rose to that challenge. In the first minutes of play, a perfectly executed corner kick play led to the first goal of the game with captain Lulu Rourke '23 driving the ball past a gritty Deerfield keeper on a great assist from Emily Mara '25 and Kate McCool '23.

Later in the half, Soph Dandawa '25 showed her toughness inside the 6-yard box and she ensured a goal on another assist from Mara '25 which brought the score to 2-0 after forty.

Mara helped keep the scoring going as she knotted a great goal 1 v 1 versus the Big Green GK thanks to a perfect ball over the top from classmate Hayden Fischer, extending the lead to 3-0. Lulu kept the game out of reach at the 10 minute mark as she blasted a shot to the weak side corner extending the score to 4-1. Rourke's always inspiring play earned her Player of the Game. Many highlights of the game include the start of GK Abby Heppelmann who inspires GVS every day with her commitment to improvement and love for her team/teammates. Also, earning her first GVS minutes of the season was Caroline Averill '26 in goal.

What a delight to see a number of GVS alums on the sideline - Anna Hurley '21 and former GVS captain Mary Stuart Kerrigan '22, now shining for the U. of Chicago women's soccer team.

A huge thank you to the Mara family for hosting the team for pumpkin carving post-game. Thank you always to all our family and friends who support us day in and day out. #GVSFAMFOREVER



NOVEMBER 4, 2022

Soccer GV vs Lawrence Academy

T 1-1

GVS SENIORS LEAD THE WAY ON SENIOR NIGHT

As always, the match-up versus Class B power Lawrence Academy did not disappoint. Tonight was an opportunity to play for and be inspired by our seven GVS seniors: Yssie, Lulu, Emma, Abby, KBu, Myranda and Kate.

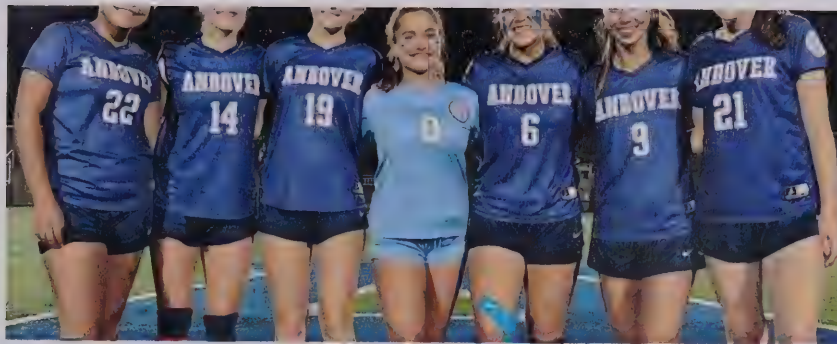
Fueled by an incredible crowd of fan and friends, GVS played its best eighty minutes of the season creating lots offensive pressure and opportunities while halting a dynamic Lawrence offense as well. The two teams entered the half locked at 0-0.

Midway through the second half, Lawrence found its way to the scoreboard with a blast to the side netting. GVS doubled down its efforts pushing forward and was rewarded with a PK that captain Kelly "KBu" Bu converted with confidence. The final score stood at 1-1.

Special shout-out to senior GK Abby Heppelmann who earned her third start of the season and constantly inspires with her relentless work ethic and positive attitude. The senior back-line of Kate McCool, Yssie Yargas, Kelly Bu and Myranda Lu demonstrated incredible composure and teamwork as they kept a dangerous Lawrence offensive wave consistently at bay forcing shots well outside the 18. Midfielders Lulu Rourke and Emma Robinson work tirelessly box to box to win balls back and go-forward. Together these senior years were the reasons we shined tonight. Here's to Kate McCool who was named Player of the Game.

This night would not have happened without the support of our families. Thank you to all the parents who made it as special as can be and as always a special shout-out to Nouredine and Amy Wiggins for their endless support on the sidelines and behind the scenes.

We cannot wait for the week ahead our our final game at home v. Exeter at 1 p.m. on Saturday, November 12. #whateverittakes



NOVEMBER 12, 2022

Soccer GV vs Exeter

W 4-0

GVS EXTENDS UNDEFEATED STREAK OVER EXETER GVS TO SINCE 2006

The 2022 GVS season could not have ended on a more perfect note as the team had their best game yet - and continued their undefeated streak over Exeter (9-0-6) since 2006.

The team played inspired soccer from the first whistle - thrilled to welcome back to the field captain Emma Robinson '23 who had been sidelined with illness. Guided by the goal to "win" every play of the game, the team leaned in to create numerous offensive chances with ninth grade sensation Wylie Roossien rocketed an untouchable shot from 18 yards out that found the upper 90 early in the first half.

Halftime was spent focused on doubling down and keeping the game and the ball out of reach. GVS stepped up. The final 17-minutes of play was highlighted by lights-out offensive play.

Roossien first found midfield Jazzy Cormier at the top of the 18 who one-timed the ball perfectly over the Exeter keeper. Minutes later, captain Kelly Bu '23 stepped up to fire a free kick to the upper 90 to stretch the game out of reach for the Big Blue. Emily Mara put the final exclamation mark on the game finishing on a counter attack, perfect through ball from captain Lulu Rourke. Mara showed her always-composure and speed and blasted a ball to the far corner wrapping the game at 4-0.

Senior Kate McCool played her final - and a spectacular game - at right outside back. A two-year starter in the backfield and the one returning back from the 2021 season, McCool has logged some of the biggest minutes of the roster, endline to endline for the last two years.

Rounding out this incredible senior class was Yssie Vargas who stepped into the center of the back with confidence alongside best friend Myranda Lu to secure the shutout. Player of the Game was goalkeeper Abby Heppelmann '23 who stepped up in the final three games of the season with extraordinary play across 240 minutes. Her final 80 of her soccer career with a shutout over the Big Red.

We cannot say enough about our seven seniors and all they gave to this magical season. The future is bright and we have all the gratitude to the Class of 2023.

Thanks to an incredible fan base - which begins with our GVS families, GVS alums and so many Big Blue peers. We cannot do this without you! #whateverittakes



Girls Soccer In The News

Girls Soccer Defeats Groton 3-1 in Season Opener

Emma Robinson '23, Co-Captain of Andover Girls Varsity Soccer, lobbed a corner ball straight to the center of the box. After the ball bounced off a Groton player, Wylie Roossien '26 ran towards the goal and, off a volley, scored her third goal of the game. Assisted by Robinson, Emily Mara '25, and Lily Keim '25, Roossien's hat-trick propelled the team to a 3-1 win over Groton. Andover's record now stands at 1-0. This year's team consists of nine Juniors and eight new members moving up from JV. With more than half its roster new to the team, Andover's main focus for the first games is rebuilding a strong team chemistry, according to Kate McCool '23.

"The team consists of a lot of new players this year. We had a lot of graduating Seniors last year. Our focus at the beginning of the season is just to try and create a cohesive team as possible but that doesn't seem to be a problem at all, so I think for the rest of the season we are focused on scoring a lot, winning a lot," said McCool.

According to Lauren Herlihy '25, maintaining possession throughout the game allowed the team to create dangerous opportunities against Groton. In addition, she highlighted the high energy and high speed-of-play of the game.

"We played really well as a team today. We hustled really well and won most of the fifty-fifty balls. Our passes and crosses were really on point today. Our energy in the last five minutes [matched] how we started the game," said Herlihy.

Ava Davey '25 shared similar sentiment to Herlihy, emphasizing the team's accurate passes and dominant possession. However, she believes the team could still work on its stamina in order to preserve good communication in the latter half of the game.

"I think we played very well as a team today, and I think something we can work on is communicating and finishing in the final third. We can also continue to pass to our outside backs and center backs to open up the fields, but our passes were mostly spot on, and we won a bunch of fifty-fifty balls today," said Davey.

In addition to Roossien, McCool gives credit to the rest of the team's offense. Specifically, she emphasized that the team's attackers maintained consistent pressure on Groton's defense, forcing turnovers and breaking confidence.

"I thought the team was extremely strong in the attacking third of the field. We have Wiley and Emily Mara and of course Jazzy Cormier [24]. They are extremely strong up top and forced a high-pressure on the other team's defense and shook them up a bit, and that was really the reason we scored so many goals today," said McCool.

Andover will play at Rivers on Saturday and host Middlesex on Wednesday.

Meg Stineman

Sep 16, 2022

After Stalemate Against Rivers, Andover Girls Soccer Sweeps Middlesex 4-0 During Home Opener



Despite dominating the field for the first forty minutes of Wednesday's game against Middlesex, Andover Girls Varsity Soccer struggled to find the back of the net. During the final minute of play in the first half, Co-Captain Emma Robinson '23 whipped a free-kick outside the box to Emily Mara '25 on the back post, and with a tap, propelled the team to another three goals in the second half. The team's 4-0 win against Middlesex and 1-1 tie against Rivers on the previous Saturday puts its record at 2-0-1.

According to Jazzy Cormier '24, the team entered the game on Saturday knowing it would be challenging and aggressive. However, Cormier believed a speedy offense allowed the team to outpace Rivers.

"Our team kind of revolves around pushing up the field and putting a lot of pressure on the other team.

Basically the whole game was us trying to force them into our offense by using our really fast front runners, such as Wiley [Roossien '26] and Emily [Mara]," says Cormier.

Kate McCool '23 shared a similar sentiment to Cormier, highlighting the team's focus on applying pressure to Rivers' defensive line. According to McCool, although the pressure allowed the team to formulate numerous goal-scoring opportunities, only one of the opportunities was actually converted.

"Just like the game we played against Groton, our offense was pressing high in the final third on the field, which was very successful. We had a lot of great movement in the attacking third and a lot of crosses, which eventually resulted in Jazzy Cormier's goal," said McCool.

Under the leadership of Co-Captain Kelly Bu '23, the team's defensive line was able to withstand Rivers' aggressive offense. The backline against Rivers consisted of Bu, McCool, Ava Davey '25, Emily Decker '26, Myranda Lu '23, and Lily Keim '25, alongside goalie Alejandra Alicea '24.

"Our defense was very well led by one of our captains, Kelly Bu. She kept us in good shape through the entire game, and I think we really held our composure in the back," said Cormier.

In contrast to the fast-paced game against Rivers, the game against Middlesex felt much more relaxed, according to Davey. Thus, Davey noticed that the team had more time to make decisions and passes, which allowed them to dominate possession.

"Our first touch on the ball was really good. We attacked the ball very well. We were the first team to the ball almost every time, [and] the ball was on their side of the field around 80 percent of the game," said Davey.

Although the team's persistence resulted in a sweep, Davey believes that the team still has much to improve on. For instance, she suggests that the team improve on its communication, especially when shifting the ball from one side of the field to another.

Andover Girls Soccer will play at Loomis Chaffee on Saturday and face Worcester Academy at home on Wednesday.

Elise Minor

Sep 23, 2022

Girls Soccer Falls Twice in Past Week to Loomis Chaffee and Worcester Academy



Andover Girls Soccer suffered its first two losses of the season against Loomis Chaffee (Loomis) on Saturday and Worcester Academy (Worcester) on Wednesday. Falling to Loomis 1-7 and Worcester, 0-3, the team now stands at a record of 2-2-1.

According to Sarah Powers '26, the one bit of hope came against Loomis was when Emily Mara '25 put Andover on the scoreboard.

Powers complimented Mara's spirit and energy during the play.

Powers said, "One highlight of the game was Emily Mara's goal.

Somebody kicked it up to Emily Mara and Emily took it to herself to

the net and three people were on her and then she just like slid and then just kicked the ball and it went in.... She really worked hard and got to the net and then just made a diving kick into the net so I feel like that was a great play."

Despite the two losses, it is early in the season, attested Co-Captain Kelly Bu '23 added that Head Coach Lisa Joel has provided some inspiration for the upcoming games.

Bu said, "With these games it gets really intense and I think that the biggest thing that Lisa tells us to do and that we tell each other to do is to always bring each other up and to always try to be positive, and sometimes it's really hard because you're like, 'oh my god they're making mistakes left and right' which is really difficult, but at the same time I think the idea is trusting each other, believing in each other, and supporting each other. I think our motto, 'whatever it takes,' really drives.... It's not one person versus 11. The game of soccer is a team of 11 people. You can't do it by yourself and you have to have that faith in each other."

According to Myranda Lu '23, the team was forced to snap into the game due to a delayed arrival. Because of the lengthy bus ride and traffic complications, the team had a shortened warm up period.

Lu said, "I do think the rushed warm up we had because of the traffic on the bus did contribute to our unreadiness I guess for the game. Half of our team got lost in Loomis which was honestly kind of funny and there were like three of us on the field ready to warm up. It was very rushed but I think we did get our head in the game real quick because we realized we had very limited time."

Bu noted that the team was able to regroup during halftime of the Worcester game and post a shutout in the second half. However, an absence of offensive production halted any comeback.

Bu said, “Even though we came with a loss, we were really able to connect during halftime, regroup, and organize ourselves in a way that like, we knew we were down, but we also knew that it could go even worse because last year we lost to Worcester 5-0 and they could definitely go, 5-0, 6-0, 7-0. So we were trying to regroup at halftime and really lock into the game and then in the second half we played so much better. It ended up being [3-0] which means they only scored the first three in the first half, so in that second half we were able to shut them down.”

Andover Girls Soccer will host Tabor Academy this Saturday.

Eva Murphy
Sep 30, 2022

Girls Soccer Struggles to Produce Offensively; Ties Pingree, Falls Short to Tabor Academy and Austin Preparatory School

Andover Girls Varsity Soccer lost to Tabor Academy 1-3 this past Saturday and tied Pingree 3-3 on Monday. Initially down 2-0 against Austin Preparatory School (Austin Prep) on Wednesday, Andover found the back of the net after halftime but ultimately fell short 1-3. The team’s record now stands at 2-4-2.

According to Wylie Roossien ’26, a highlight from the past three games was the positive energy supplied from those both on the field and the sidelines. Despite not being able to take any wins, the team maintained its energy and composure throughout.

“I feel like we played as a team. We were able to support each other off and on the field, our bench did a really great job of pumping us up during some hard moments, and a lot of credit goes to them because they are responsible for making sure people that were starting the second half felt good going in and just having a good time. I think that’s what we all enjoy so much about the game, is being able to just have fun, and go out there and play hard. After all, we did end up achieving that goal, which was to have fun, and in the same breath, it was disappointing, the results weren’t exactly what we went out to achieve,” said Roossien.

In its game against Austin Prep, the team conceded two early goals. According to Jazzy Cormier ’24, despite the early challenges, the team was able to rebound with a stronger second half.

Cormier said, “The first half was a little bit tougher than the second. It just seemed like we were a little lost in the beginning, and we weren’t really connecting passes well. We were a little bunched up in the middle, so it was a little bit of a struggle, but by halftime, [Head Coach Lisa Joel] talked to us, gave us a pep talk, and talked about how important it is that we calm the field down and how we play with a different mindset because from her perspective, it seemed like it was in fact our mindset that was off—that was making us a little bit congested in the middle of the field. So we went on with a different mindset, and we ended up losing 3-1, but the second half was a lot better than the first.

Maintaining camaraderie and support is imperative for a successful team. According to Co-Captain Kelly Bu ’23, the team has improved upon its mindset over the course of the season thus far.

“Soccer’s a really tricky game, there’s eleven people on the field at one time, and it’s like the butterfly effect, one mistake can lead to a whole separate thing, so five minutes later and people are like ‘that was your fault’ or ‘this was your fault’, but I think that we’ve been getting a lot better at pulling each other up, bringing each other up, rather than pulling each other down,” said Bu.

Scoring four goals and allowing 17 in its last five games, the team has struggled on both ends of the field.

According to Roossien, producing offensively will be critical for the team’s success moving forward.

“I feel going forward, focusing [on] a very optimistic outlook, being able to convert in the attacking third is really crucial. We had a bunch of opportunities and for a lot of reasons haven’t been able to put the ball in the net. A couple injuries have led to that, and you know, everyone makes mistakes. Especially as a striker and a forward, it’s hard to put every single one on frame, but I think going forward, converting in the attacking third is going to be very pivotal for us later on in the season,” Roossien said.

Andover Girls Soccer will face Choate away on Saturday.

Andre Wu
Oct 7, 2022

Following Loss to Choate, Girls Soccer Breaks Losing Streak with Win Over Brooks

Co-Captain Lulu Rourke '23 scored the game-winning goal against Brooks this Wednesday, securing a 2-1 win. The win followed a 4-6 loss against Choate last Saturday, making Andover's record 3-1-5.

According to Lola Aguirre '26, Choate held on to an early lead, powered by three goals scored in the first half. Aguirre acknowledged the difficulty of coming back from an extremely tough start.

"Well, in the first ten minutes or so, we were down by three...we worked back up to a score of 4-6...but in the first ten minutes, we were losing by three so that was a tough place to come back from," said Aguirre.

Leading up to its games against Choate and Brooks, the team focused on refining various facets of its game, both in the back and front ends. According to Co-Captain Kelly Bu '23, the team's practice translated effectively on the field.

"This week in practice, we focused a lot about our offensive shape. So, really thinking about where players are when they don't have the ball, and how we can move the ball around, rather than just sort of free-floating, and just being really intentional with the way that we play soccer moving forward, and attacking, especially. And then also, communication, defensive shape, all of those things. I think our offensive shape looked so much better today, and that's why we were able to generate those offensive chances as well," said Bu.

In its game against Brooks, the team drew from bursts of energy all across the field. Bu highlighted key players that stood out during the match.

Bu said, "Our first goal was scored by Sarah Powers ['26] – she's a freshman, and she just had this tenacity to her when she came on the field where she was relentless, fearless, and really came after the ball, and after the goal, and we needed that spark of energy. I think we could shout out A.J., our goalie, she had some really big saves today that really helped us gain confidence moving forward. Lulu Rourke, she is one of our Senior captains, as well, and she just is always, every game, always everywhere on the field, she's always getting the ball back, winning the ball back, tackling, so ferocious, and so fierce, and it's really really amazing to watch." Lauren Herlihy '25 further emphasized Powers' strong performance on the field, allowing for Andover to come out on top.

"I feel like the game went really well, I mean we pulled out a win and I think that was our main goal going into the game. Sarah Powers went for it, and she scored right in the first half and that was awesome. It was a great way to start the game," said Herlihy.

Moving forward, Bu hopes the team can continue polishing offensive and defensive aspects of their play as the season continues. The effective offense showcased on Wednesday needs to continue in future games, according to Bu.

"I think we really need to work on continuing our offensive shape, working on our defensive shape, really learning how to win the ball back, and turn that into more of an offensive attack. I think that we could work a bit on our transitions in that sense. From defense to offense, and offense to defense. I think that'll really help us tighten up things that we need to work on, and areas where...people can pick us apart. So I think, looking forward to St. Paul's, we really are just going to reflect on the way we played today, and then think about ways we can improve," said Bu.

Girls Soccer will face St. Paul's at home on Friday under the lights.

Evie Wood
Oct 14, 2022

Girls Soccer Ties Governor's and St. Paul's

Andover Girls Varsity Soccer faced St. Paul's on Friday and Governor's on Wednesday, tying both teams 1-1. The team's record now stands at 3-5-4.

Head Coach Lisa Joel reflected on the strengths and weaknesses of the game against Governor's.

The team was able to create offensive attacks but ultimately struggled to find the back of the net, according to Coach Joel.

"I certainly think across the game we possessed the ball well. It was a tough game. In the first half we played, we did not execute a game plan, which was to not move the ball. We possessed it but we didn't move it. So we didn't create opportunities for ourselves offensively. Emily Mara's ['25] goal was fantastic in the second half, but we didn't finish on the other chances we had which was really important in games like this, where we're creating them and we're just not able to do that final step which is putting it in the back of the net," said Joel.

Returning from the long weekend, a few of the players felt sick, which impacted the team's morale on Wednesday. According to Mara, the team strived to overcome these struggles throughout the game. Mara said, "We are all a little sick, so we're not all high energy, but we were pretty pumped going into the game...and it's always good to come back from a tie and have something to work off of." In contrast to Wednesday's game against Governor's, Friday's game against St. Paul's had high energy, according to Jazzy Cormier '24. Cormier noted a memorable play made by Wylie Roossien '26 in which she displayed her tenacity and mental toughness.

"There was a moment when we had a penalty kick and it didn't go our way, but then Wylie, who had previously taken the PK, scored a couple minutes after, and we were so proud of her because it's really hard to come back from. Even though the first shot was really good, the goalie made a save. So, we were proud of her for coming back and the actual goal was really good...It was really fun and intense and everyone was screaming," said Cormier.

With the tail end of the season coming close, the team is looking for ways to refine its play. According to Coach Joel, the team is focused on improving both individually and as one cohesive unit.

"I think it's a hard time of the year and the season...So it's tiring, it's hard, this is a demanding game. We're out there a couple times a week so I think we're trying to find who's got the energy to not only play the game well but elevate the people around them. So I think right now what we're trying to do is, 'how do we bring out our best selves individually' but more importantly 'how do we make everyone around us better so we can use some collective energy'. So I think we're at a midpoint and we're trying to find our second wind into the second half of the season," said Coach Joel.

Andover Girls Soccer will play Northfield Mount Hermon away on Saturday.

Maddie Redmond
Inem Anako
Oct 20, 2022

Girls Soccer Defeats Northfield Mount Hermon With Last Minute Winner



In the final four minutes of Saturday's game, Emily Mara '25 scored the only goal of the day off of an assist from Ava Davey '25, propelling Andover Girls Soccer to a 1-0 victory over Northfield Mount Hermon. The team later fell 3-1 to Thayer Academy on Wednesday, bringing its record to 4-6-4. Wylie Roossien '26 emphasized the chaotic nature of the beginning of Saturday's game. The team faced an unfamiliar field and pace-of-play as they faced off against NMH.

"It was a bit chaotic throughout the first ten to 15 minutes. The pace was fast, and the field was small, so that contributed to a lot of chaos, not necessarily that we induced upon ourselves, but that the other team brought forth. I think being able to combat that was one of our great victories that we were proud of after the game," said Roossien.

Emily Decker '26 acknowledged the team's ability to adapt to changes and reflect on its mistakes mid-game. Although the team failed to convert its numerous offensive opportunities early on against NMH, it remained persistent, and ultimately found a goal.

"Even when we made mistakes, we were persevering to get better. We didn't give up, even when we made a couple mistakes. We hit the crossbar a couple of times, we were so close, but we just kept working, and then we scored," said Decker.

According to Roossien, the high pressure Andover faced against NMH encouraged the team to support one another throughout the game. Roossien noticed an increase in enthusiasm and ambition in the second half of Saturday's game.

"I feel the team did a really great job especially compared to our past performances. Being able to fight despite challenges we faced and the adversity throughout the game because there were points where it was pretty chaotic. And to be able to overcome that, and to switch into a mentality that was focused on playing for each other, and with each other, in order to achieve our common goals that were established before the game. [This] was demonstrated through halftime, and even in the second half we were really able to turn it up. I think our efforts were reflective of the goals we set," said Roossien.

Scoring only two goals in two games, the team hopes to improve upon its play in the offensive third of the field, according to Hayden Fischer '25. Fischer also believes it is important to maintain constant communication and attention to detail in the midfield in order to create more goal-scoring opportunities.

"Our team's goal for the future is to take advantage of the opportunities that we have when in the final third [by] finishing all the balls we receive. In practice, we're focused on our first and second touch because,

especially in the midfield, that's super important. We're also working on finishing in the final third [because] that seems to be a struggle for us this season. We adapt to changes mid-game [through] communication. I think that's very important to make sure that everyone is constantly talking in a positive way. Our captain [Kelly] Bu '23], who plays center back, is really good at that," said Fischer.

Andover Girls Soccer will host Deerfield Academy on Saturday and face Noble and Greenough away on Wednesday.

Sophia You
Oct 28, 2022

Girls Soccer Defeats Deerfield, Ties Noble & Greenough

Andover Girls Soccer defeated Deerfield 4-1 at home this Saturday. The team later met its match in a tight game against Noble & Greenough (Nobles), ultimately tying 2-2. Andover's record now stands at 5-6-5. Wylie Roossien '26 believes the win against Deerfield displayed how Andover has been hoping to play all season long. The team was able to possess the ball with ease due to the onfield chemistry it has developed, according to Roossien.

"I think the result of the game on the scoresheet definitely reflected how well we played as a team—very unselfish play all around...We were able to distribute the ball in a quicker manner, with more confidence, and more assurance, knowing that the person that would be receiving it would be able to make amazing things happen...And we don't have to be 11 individual players trying to do our own things, we have to play as a unit," said Roossien.

The confidence that Andover played with started from its first goal. Sophie Dandawa '25 recalled a play which highlighted the team's chemistry.

"One really important play that happened on Saturday was our first goal. It was off of a corner [kick] where Kate McCool '23] passed to Emily Mara '25], who then passed it to Lulu Rourke '23] who took a great shot, which got the momentum going," said Dandawa.

According to Roossien, home field advantage also worked in the team's favor on Saturday. The combination of having fans behind the team's back and playing on its own turf immediately gave Andover an advantage over Deerfield.

"I think being able to have that assurance of being with our home crowd and being able to play in an area that we know how to play in, that we've had both the experience of triumphant wins and then some sad losses, motivated us even more," said Roossien.

In the match against Nobles, Myranda Lu '23 noted how the team consistently aimed to keep the energy on the bench upbeat and light while still concentrating on the game. Despite the challenges it faced, the team maintained the same level of enthusiasm that it had during Saturday's game.

"Honestly, I feel like [the energy level] was the same as every other game. The sideline is always very supportive. We're always making jokes, but at the same time, supporting the team while they're playing," said Lu.

Andover's next game will be Senior Night against Lawrence Academy, which is the team's last chance to come together before Andover/Exeter. With Seniors only having two games left for Andover, the team is motivated to end the season on a high note, according to Roossien.

"On top of that, the fact that we're nearing the end of our season has not only motivated our Seniors and our captains and leaders out there on the field, but also every younger player. As I mentioned, we are a very young team, but it motivates us even more because we want to be able to give our Senior players everything we have...being united by this passion we share for soccer, it gets us going," said Roossien.

Andover will play Lawrence under the lights this Friday.

Angie Lucia
Nov 4, 2022

Andover Girls Soccer Hopes to Maintain Its Undefeated A/E Streak

Andover Girls Soccer has high hopes for the annual Andover/Exeter game this Saturday with a decade-long undefeated streak. Despite a series of mental and physical setbacks throughout the season, the team has persevered and is determined to win.



According to Head Coach Lisa Joel, the team is approaching A/E with an excited and enthusiastic mentality. Joel said she strives to guide the team by helping them convert the pressure leading up to the game into energy displayed on the field.

“What we want to do is channel that nervousness and embrace it; lean into that nervousness but then move beyond it and not be afraid and play with courage. And really just play with joy. If you play for each other and you just

love this game, we can’t necessarily control what the outcome will be, but we can assure that at the end of it, we’re gonna feel really good.... Sometimes your emotions can take over and get you out of focus, so the key is to stay focused on playing the game that we play at this point in the season, which is a great game of soccer,” said Joel.

Wylie Roossien ’26 stated that in preparation for A/E, the team worked on overcoming mental blocks that caused its discouragement. Roossien noted that the team has been able to overcome these difficulties, along with other setbacks throughout the season, under the strong leadership of Joel.

Roossien said, “Not being able to accumulate that many wins has been something we’ve had to work through mentally. Through the leadership of our coach, Lisa Joel, and all of our Senior leaders... [we’ve been able] to not attribute success to the ending on the scoreboard but more of if we accomplished the goals we set out to do. One of the most significant setbacks we’ve faced is the overall record that we have right now, and the way the season’s ended up. One way we tackled that is through a sense of community and optimism.”

Lola Aguirre ’26 also states that the team has been training hard for the upcoming A/E game. Many of the skills they have been working on—spreading the field out and continuing to talk with one another—came to use for the team’s game against Lawrence Academy.

“I think our level of work and communication went very well. Especially because it was home and Senior Night, and the Seniors had worked hard for A/E, [making] it a really special night for all of us,” said Aguirre. Joel noted that the support from the audience motivates the players to perform their best. The energy the players bring on the field is a reflection of the energy of the people watching, stated Joel.

“We love to play great soccer, so other people can enjoy it too... We’re inspired and motivated by the energy of those people who are fans and support us... I want them to use the positive energy from the community to kick it up a level, which I’m confident they will,” said Joel.

Andover will face Phillips Exeter Academy at home on Saturday at 1:00 p.m.

Sophia You
Ophelia Lee
Nov 11, 2022

Co-Captain Kelly Bu ’23 Serves as Backbone to Girls Soccer Both On and Off Field



Andover Girls Soccer Co-Captain Kelly Bu ’23 began her soccer career recreationally at the age of five. It was not until five years later when she “fell in love” with the sport and the sense of community that her soccer team afforded her. In her final year on the team, she says working toward a common goal has inspired this feeling.

“I really fell in love with the team aspect of [soccer] and sort of the gratification that you get from working hard and being able to see results

just from sticking with something... [And when] you are on a team and can rely on your teammate to compete with you and to bring you up when you need it, you’re able to compete to win, to compete to improve, and all of those other things. So, it’s partially just being a part of a team and having that culture and family, but also everyone’s working towards a collective goal and [having] the same intentions moving forward and that’s always something that I really enjoy,” said Bu.

Hayden Fischer ’25 emphasized Bu’s empathy for her teammates. Both on and off the field, Bu strives to connect with her teammates by raising their spirits on difficult days.

Fischer said, “Kelly is a very dedicated person and she definitely pours her heart and soul into the sport and our team. I love how she cares so much about us and not only as athletes but as people.... She brings a lot of positivity, and especially when everyone’s having a hard day, she’s always there to lift us up and make sure we’re working our hardest so the team can move forward and get over those hard days.”

Likewise, Head Coach Lisa Joel highlighted Bu’s devotion and enthusiasm. According to Coach Joel, Bu’s agency on the pitch is a big factor in her leadership of the team.

“She’s full of passion for whatever she does and she does a lot on this campus... I think that what makes her a great leader is her sense of commitment to the things that she does. I think her strengths include her

bottomless spirit. For, not just this team, but the GVS spirit and family, she's just that. I think her strength is understanding that she's part of something larger than herself and her ability to articulate that. And also just how she plays, she's a leader. Not just by example, but by voice. She leads in every possible way," said Coach Joel.

Bu attested her method of leadership in large part to Myra Bhathena '22, a former Girls Soccer Co-Captain. She strives to strike a balance between a powerful desire to win and recognizing the hardships her teammates may experience off the field.

"I really try to emulate what Myra Bhathena... did a lot of. It's really just having a lot of empathy for people and making sure that people feel like they can come talk to us and have a safe space. But also being able to balance that we want to win, we want to work hard and we want to train to be the best team that we can be. While also being able to be mindful of everyone having their own struggles, and everyone having their own personal journeys as they navigate Andover and the Andover experience," said Bu.

Coach Joel attributed Bu's extensive game time this season to her indispensable role as center back on the team's backline. Especially in difficult positions, Coach Joel has found Bu's ability to control the team's build-up and get goals back to be irreplaceable.

Coach Joel said, "I mean literally by her position and by what is expected of her verbally on the field, to be a vocal leader, Kelly is able to not only stand out as a player, but as a voice of the team throughout the game... She has probably logged the most minutes of any teammate this year and it's because we simply don't take her off the field on game day because she's just relentless. When the team is down, she's the one to pick them up and, quite frankly, she's the first part of our success to our offense, because she's the reason we've won the ball back, and she's the reason we're moving forward with it. She's invaluable to us."

Inem Anako
Nov 11, 2022

Girls Varsity Volleyball

2022

Head Coach: Clyfe Beckwith

Assistant Coach: Alex Svec

Captain: Michelle E. Brunetti & Helen D. Bingham

Managers: Eddie Lou '24, William Suh '24, Stanley Hao Wen Yu '23

Overall Season Record

Win	Loss	Tie
15	6	1

Letter Winners: Saraya Angbazo, Michelle E. Brunetti, Mary S. Lord, Boling Huang, Helen D. Bingham, Lena Ciganer-Albeniz, Jiahui Ma, Karisa R. Bockley, Katherine S. Rodgers, Drew S. Nelson, Jaedyn K. Ford, Yanna Dorotan, Zhenkun Wang, Sophie A. Holten-Moravek

Award Winner: MVP - Helen D. Bingham

Girls Volleyball

2022 Schedule and Results

Thu	09/08/2022	Volleyball GV	Andover HS	H	4:00 PM	2-2			T
Sat	09/10/2022	Volleyball GV	Dana Hall	H	3:00 PM	3-0	W		
Wed	09/14/2022	Volleyball GV	B. B. & N.	H	3:30 PM	2-3		L	
Sat	09/17/2022	Volleyball GV	Taft/Hotchkiss/Exeter	H	2:30 PM	3-1, 3-0	W, W		
Wed	09/21/2022	Volleyball GV	Brooks	A	3:00 PM	3-0	W		
Sat	09/24/2022	Volleyball GV	Loomis	A	2:30 PM	2-3		L	
Wed	09/28/2022	Volleyball GV	Noble & Greenough	H	3:45 PM	3-1	W		
Sat	10/01/2022	Volleyball GV	Tabor	H	4:00 PM	3-0	W		
Mon	10/03/2022	Volleyball GV	Rivers	H	4:30 PM	3-0	W		
Sat	10/08/2022	Volleyball GV	Choate	A	3:30 PM	3-1	W		
Wed	10/12/2022	Volleyball GV	Austin Prep	A	5:15 PM	3-1	W		
Fri	10/14/2022	Volleyball GV	St. Paul's	H	5:15 PM	3-0	W		
Wed	10/19/2022	Volleyball GV	Exeter	A	3:30 PM	0-3		L	
Sat	10/22/2022	Volleyball GV	N.M.H.	A	4:00 PM	3-2	W		
Wed	10/26/2022	Volleyball GV	Austin Prep	H	4:30 PM	3-0	W		
Sat	10/29/2022	Volleyball GV	Deerfield	H	1:30 PM	1-3		L	
Wed	11/02/2022	Volleyball GV	St. Paul's	A	3:30 PM	3-0	W		
Sat	11/05/2022	Volleyball GV	Milton	H	3:30 PM	3-0	W		
Wed	11/09/2022	Volleyball GV	Worcester	A	3:30 PM	3-2	W		
Sat	11/12/2022	Volleyball GV	Exeter	H	11:30 AM	1-3		L	
Wed	11/16/2022	Volleyball GV	Tourney Loomis	H	5:15 PM	0-3		L	



Phillips Academy Girls Varsity Volleyball 2022

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
2	Saraya Angbazo	2025	Tenafly, NJ
3	Michelle E. Brunetti*	2023	Winter Garden, FL
4	Mary S. Lord	2024	New York, NY
5	Boling Huang	2023	Shanghai, CN
8	Helen D. Bingham*	2023	La Grange, IL
9	Lena Ciganer-Albeniz	2025	Tokyo, JP
10	Jiahui Ma	2023	Owings, MD
12	Karisa R. Bockley	2023	North Reading, MA
13	Katherine S. Rodgers	2026	Dallas, TX
14	Drew S. Nelson	2024	Andover, MA
16	Jaedyn K. Ford	2024	Brooklyn, NY
17	Yanna Dorotan	2023	New Orleans, LA
18	Zhenkun Wang	2024	Weston, MA
19	Sophie A. Holten-Moravek	2025	New York, NY

*Captain

Coach: Clyfe Beckwith

Assistant Coach: Alex Svec

Managers: Eddie Lou '24, William Suh '24, Stanley Hao Wen Yu '23



Girls Volleyball 2022 Game Highlights

SEPTEMBER 8, 2022

Volleyball GV vs Andover HS

NA 2-2

EVERYONE GOT SOME TIME

Thank you Warriors - good luck in your season. Today's scrimmage allowed us to fine-tune, and everyone got playing time.

On to our home opener on Saturday against Dana Hall. Thank you fans - great energy.

SEPTEMBER 10, 2022

Volleyball GV vs Dana Hall

W 3-0

25-13, 25-19, 25-13

Super exciting start to our season. Thank you Dana Hall - wishing you all the best.

The team demonstrated overcoming fatigue after coming out really strong - strong serves, strong defense, strong hits. Proud of the team. On to BB&N this coming Wednesday.

Thank you fans- awesome energy.

SEPTEMBER 14, 2022

Volleyball GV vs B. B. & N.

L 2-3

20-25, 23-25, 25-18, 25-19, 14-16

Wow. What a match. Yes, PAVB started with a COVID protocol adjusted line-up, and we played tentatively in sets one and two. With the match on the line PAVB showed their true potential and fired up the offense, brought the defense to a new level that forced the other side to make more mistakes.

Tied at 2-2, both teams started playing a little safer, playing not to lose rather than to win. Kudos to BB&N for squeezing out the win, and here's to hoping we will see each other again in the playoffs. Special shout-out goes to Karisa Bockley and Saraya Angbazo who valiantly played middle hitter/blocker this week filling in as needed.

We move onward to host Taft and Hotchkiss on Saturday (Exeter will round out the quad match). Thank you fans - your energy and support are appreciated.

SEPTEMBER 17, 2022

Volleyball GV vs Taft

W 3-1

23-25, 27-25, 25-12, 25-22

Thank you Taft for making this long trip - wishing you all the best in your season.

Overall - a rather low energy start and occasional top-notch plays from start to finish, but on the whole (with yet another modified line-up) a showing of team unity and bailing each other out.

I am proud of the team for turning the momentum and then maintaining it.

After Taft, we hosted Hotchkiss in a quad-match.

SEPTEMBER 21, 2022

Volleyball GV at Brooks

W 3-0

25-13, 25-16, 25-18

Such a deep bench - and so proud of PAVB team for stepping in where we needed help.

Thank you Brooks for hosting us - wishing you all the best for your season.

Our first away game and we made the adjustments to different depth perception, different balls, and a crowd that favored the home team. The whole team/bench got some playing time today; we had former starters returning from their absence, we had team members filling in for players just not feeling it today.

Overall a good outcome. Now 4-1. Onward to Loomis on Saturday.

SEPTEMBER 24, 2022

Volleyball GV at Loomis

L 2-3

25-23, 22-25, 21-25, 25-16, 8-15

What a game of runs!!! Kudos to Loomis for finishing strong, especially after Andover found such an amazing groove in the 4th set. Appreciate you hosting us - again, always a good memory - and would look forward to seeing you again. 😊

Some AMAZING play by PAVB, absolutely ripping the leather off the ball and making saves that were ESPN highlight-reel worthy. Yup, yet again another line-up due to an injury on court, and yet again a deep bench of whom we are so proud of.

Hosting Nobles & Greenough on Wednesday.

Thank you fans/parents that made the long trip - I hope you agree it was fantastic volleyball.

SEPTEMBER 28, 2022

Volleyball GV vs Noble & Greenough

W 3-1

25-21, 19-25, 25-15, 25-11

A good win, turn-around for PAVB. After pulling ahead in the first set, Andover made some unsettling mistakes and Nobles & Greenough started making stronger and more consistent plays. Although Andover took the first set, that momentum carried over to the second set in favor of Nobles & Greenough. Down 10-23 Andover's Sophie Holten-Moravek stepped to the service line and RIPPED 7 consecutive serves and brought a much needed energy back in favor of PAVB. Although losing the second set, Andover regrouped in the third and fourth with credit to our deep bench.

Fans, coaches and bench alike cheered the hard hits, especially off of the rocket propulsion arm of Jess Ma.

We wish Nobles and Greenough all the best in their season, and we look forward to hosting Tabor on Saturday for the beginning of October.

PAVB proud.

OCTOBER 1, 2022

Volleyball GV vs Tabor

W 3-0

25-12, 25-9, 25-18

We started the evening with a league-wide referee appreciation moment.

Thank you Tabor for making the trip and joining us at Memorial Gym - we wish you all the best in your season.

Today was a day when the system finally clicked, our defense was TERRIFIC and because of that our offense got to shine. Even out-of-system saves were converted to string attacks against one of the tallest teams we have seen.

Thank you fans for your support. We love the energy.

So proud of what PAVB brought today - onward to hosting Rivers on Monday.

OCTOBER 3, 2022
Volleyball GV vs Rivers

W 3-0

25-23, 25-22, 25-19

A good win for PAVB, especially coming back in the first set from 10-15 for a 1-0 lead at switching sides.

We benefitted from some spectacular defensive and then offensive plays, mixed in with us putting the ball into the net and far too many service mistakes.

We wish Rivers all the best in their season and are preparing to travel to Choate to take on a team that is perennially one of the top in the league.

Thanks you fans - we rely on your energy.

OCTOBER 8, 2022
Volleyball GV at Choate

W 3-1

25-20, 26-28, 25-22, 25-17

PAVB came back from a 6-15 deficit on the first set and set the tone for the day. In the second set the score tells how close that was. While Choate pushed us hard, we were able to score the points needed at the right time.

We wish The Boars all the best, a healthy team, and congratulations on a good day of volleyball.

Thank you fans, families. We appreciate your support, your energy.

PAVB travels to Austin Prep on Wednesday and hosts Saint Paul's on Saturday (not Friday).

Onward.

OCTOBER 12, 2022
Volleyball GV at Austin Prep

W 25-22, 16-25, 25-22, 25-18

Phew - Austin Prep did a great job finding our weaknesses. Kudos to them for making this a fight for every point. It will be a great rematch when we host them in two weeks.

Back and forth, back and forth, Andover could not break away in the first set and had to come back from a 14-19 deficit to win it.

The second set was Austin Prep's. They found their groove and the only time we gained momentum was in the waning a-little-to-late moments.

Credit to PAVB for not getting down on ourselves for mistakes in the third and fourth sets, and scoring the plays that left no doubt about the fact that we won that point, even though losing points on calls that could have been interpreted differently.

Pride in PAVB - the whole team, the deep bench. Onward to Saturday against a perennial strong SPS.

3-1

OCTOBER 15, 2022
Volleyball GV vs St. Paul's

W 3-0

25-23,25-22,25-22

Thank you Saint Paul's. Wow! Awesome volleyball and tense to the end of each set.

With the support of a very enthusiastic family weekend crowd PAVB demonstrated their tenacity and passion. Two substitutions due to injuries and the bench came through seamlessly (that on top of missing a starter). No lead of the opponent is safe it seems, much to the delight of these two coaches.

The team deserves these next couple of days of rest ... and then we travel to Exeter on Wednesday. Thank you PA athletics office and staff for providing us with the facility, the logistical support, the equipment and maintenance, the technological support - your attention to these details is appreciated.

A record of 10-2. So proud if PAVB

OCTOBER 19, 2022
Volleyball GV at Exeter

L 0-3

22-25,23-25,21-25

So proud of PAVB. Yup, hurts to lose, AND hats off to Exeter's squad for their outstanding diverse offense. Even though we played good defense, they found ways to gain the extra points needed to round out their 25 before we did.

We blocked, we hit, we aced, we made defensive saves. It was tense and great volleyball. Should be a good match-up when we see the Big Red again at A/E.

So, on to NMH for PAVB on Saturday. Another outstanding program and we will prepare for that challenge.

Thank you fans, families for your continued support.

OCTOBER 22, 2022
Volleyball GV at N.M.H.

W 3-2

17-25,25-23,27-25,25-15,15-5

Wow. Wow. Wow. What a match. While Andover ended on W side of this one NMH gave us a fight we will not forget lightly. NMH's crafty and talented setter maximized their offense, HARD hits from every inch at the net. Respect to NMH.

While Andover started slow in the first set (and lost) we found our groove, rhythm, mojo... and even with some extra confidence we were down 10-12 in the second set. On Jess Ma's serve PAVB switched the lead and went ahead 19-15. Despite being down 18-22 NMH fended off two match points. Andover ties it 1-1.

The third set was a set of runs for both sides. Andover went ahead 5-1, even 10-5. NMH pulled even and went ahead 16-10 on an 11-point run (!!). Although Andover came back to tie it 20-20, NMH countered to go ahead 22-20; not to be outdone Andover went ahead 23-22. Back and forth, back and forth NMH wins set number three.

HMMM. That lit a fire under PAVB. Set #4: Andover goes ahead 7-2, 9-4, 12-10. Wendy Wang served 5 unanswered points, and Dagny Bingham followed suit with 6 service points to force a fifth set 25-15.

To start the fifth, Dagny Bingham served 4 more unanswered serves, then Michelle Brunetti added 3 of her own for an 8-2 lead and side-change. Jess Ma served out the set and match with three blistering serves. Andover wins 15-5.

This coach was grateful to see a former PAVB player at Andover coaching at NMH. It comes full cycle. So proud of PAVB, past and present.

OCTOBER 26, 2022

Volleyball GV vs Austin Prep

W 3-0

26-24, 25-23, 25-15

Well, kudos to Austin Prep for pushing us to play smart, and we had to go deep on the bench to make adjustments midstream. Playing from behind in all three sets, we effectively used strategies learned in practices to alter our offense, defense.

In the first set PAVB had to overcome a 12-16 deficit, 15-18, took the lead briefly at 19-18, ties it back at 21, at 23, fended off one set ball for Austin Prep and emerged on the winning side on set one with 26-24.

In the second set PAVB tore into 4-0 lead, expanding that to a 9-3 lead only to let Austin Prep go on an 13-2 run to a Andover's deficit of 11-15. PAVB eventually regained the lead switching the lead from 15-19 to 20-19, but going down again 22-23, AND pulling out a 2-0 lead at 25-23.

The third set we went up 2-0, though Austin Prep served 6 straight to put us into a 2-7 hole.

Andover brought back to tie at 8, tie at 10, tie at 13 at which point PAVB took the lead for good to win the match with a set score of 25-15.

Proud of PAVB for the depth of its bench and playing through a humid-iculous temperature in the gym. Onward to hosting #2 seed Deerfield on Saturday.

Thank you fans, refs, athletics team. We appreciate you.

OCTOBER 29, 2022

Volleyball GV vs Deerfield

L 1-3

18-25, 17-25, 25-18, 16-25

Congratulations to Deerfield for their persistence working through their low spots - wow, what an effective outside swing.

Andover played solid individual volleyball today, but could not match the chemistry we have seen from the group in previous matches.

We look forward to Wednesday traveling to Saint Paul's for what promises to be an exciting rematch. Then Milton, then Worcester, and of course wrapping up the regular season against Exeter.

Thank you athletics office, fans, families - appreciate the support.

NOVEMBER 2, 2022
Volleyball GV at St. Paul's

W 3-0

25-21, 25-19, 25-21

A feel-good win for PAVB. Thank you, St.Paul's, for hosting us, and good luck for the rest of November.

PAVB demonstrated the depth of the bench yet again, playing 11 of the team of 14 seamlessly today.

We look forward to hosting Milton on Saturday.

Thank you fans (family !), referees, athletics offices. November energy.

NOVEMBER 5, 2022
Volleyball GV vs Milton

W 3-0

25-18, 25-18, 26-24

Way to go seniors - that felt great.

A good win for PAVB, less so coming from behind, and far more relying on a deep bench to fill in for players who lost some spark.

Gratitude to our fans and parents who kept the energy high. Gratitude to the athletics office for all the behind-the-scenes details that "magically" get done - thank you.

Gratitude to our assistant coach who brings such passion and knowledge of the game.

14-4 !! On to Worcester on Wednesday and then a big day against Exeter on Saturday to wrap up the regular season.

NOVEMBER 9, 2022
Volleyball GV at Worcester Academy

W 3-2

24-26, 25-16, 24-26, 25-12, 15-7

Good win at Worcester for PAVB. Sorry -this is late

NOVEMBER 12, 2022
Volleyball GV vs Exeter

L 1-3

14-25, 9-25, 25-23, 23-25

Big Win for Exeter - congratulations to their undefeated regular season and the #1 seed.

Wow - another A/E crowd that brought tremendous energy.

Unfortunately PAVB did not find their groove until the third set, and then made a stupendous come-back from 18-24 in the fourth set to 23-24, one point away from tying and possibly forcing a fifth set.

Andover (#4) hosts Loomis Chaffee (#5) on Wednesday Nov. 16 at 4 pm in the quarterfinals.

#1 Exeter plays #8 Sacred Heart

#2 Deerfield hosts #7 Tabor

As always, thank you to all who put in so much energy and time behind the scenes - I can think of at least 15 colleagues who had an impact preparing for this match alone.

NOVEMBER 16, 2022

Volleyball GV vs Loomis Chaffee - New England Class A Quarterfinals

L 0-3

23-25, 15-25, 16-25

Congratulations to Loomis. Wow, the fire power was a firework show. Wishing the Pelicans all the best this weekend.

I am so proud of PAVB for a 15-5 regular season. So many improvements throughout the season. A special thank you to our seniors: Dagney, Michelle, Karisa, Pauline, Yanna, Jess , and Stanley - such big shoes to fill.

Gratitude to so many: parents, our loyal fans, the entire athletics crew (athletic trainers deserve a special shout-out for all the wrapping this fall; scheduling games, ordering meals, scheduling referees, cleaning the courts, setting up the nets, cleaning the gym, equipment issuing, etc.)

Planning season 2023.

Happy Thanksgiving to all. 🍷❤️

Girls Volleyball In The News

Girls Volleyball Sweeps Dana Hall, Falls Short to BB&N



Andover Girls Volleyball dominated offensively, sweeping Dana Hall School 3–0 on Saturday with consistently strong serves and hits. On Wednesday, despite the team's adjusted lineup due to Covid-19 protocol, its players stayed persistent in a tight game against BB&N. Although initially down 2–0, the team forced the game to five sets but fell just short in the final set, losing 14–16. The team's record now stands at 1–1.

According to Head Coach Clyde Beckwith, Saturday's season opener against Dana Hall School initiated a sense of chemistry within the team. In addition

to coordinated attacks, Beckwith highlighted the team's defense, which led the team to win by 12 points in two of the three sets.

"We learned to play together. It was our first match, we did have a scrimmage against Andover High, but it was the first match that we had, and I believe what we did is we started forming as a team. The unexpected benefits on Saturday were our back row attacks and our defense," said Beckwith.

In the first two sets of Wednesday's game against BB&N, the team's hitters could not connect with the ball to formulate effective attacks, mostly due to poor communication and a lack of confidence, according to Lena Ciganer-Albeniz '25. However, in the latter sets, the team quickly gained confidence in its offense, allowing for a comeback.

Ciganer-Albeniz said, "I think there [were] a lot of good things we did really well. . . . We were down two sets, and after that, there was a whole lot of communication and a lot of energy. . . . All the hitters were swinging so well and they were going for it, and the other team was really persistent in [its] defense. In the third and fourth set, we were able to break that because we were patient, but also not afraid of making mistakes and just going for it."

Leading up to Wednesday's game, many of the team's starters could not play due to Covid-19. Thus, Beckwith's main focus for the game was filling in the missing players while still maintaining a cohesive lineup.

"Well, what we are focusing on improving is filling the gaps of [Covid-19] absences. We will have some significant line-up changes because of missing starters, so the main focus quite frankly will be to function as a team without our starters," said Beckwith.

Though the team was initially tentative with its new lineup, Saraya Angbazo '25 noticed an increase in energy once its players became more comfortable with their positions. The high energy allowed the team to show its true potential both offensively and defensively in the last three sets.

"I think we did well picking the energy up even after being two sets down in the beginning, but quickly we got the energy back up and the spirit high, and that pushed us to winning the next two sets. In practice, although we miss Mary [Lord '24] and Pauline [Huang '23] and wish we had all the players on the team playing together, I think we were able to quickly bounce back and move people around into different positions, and we could quickly pick it up," said Angbazo.

Although the comeback against BB&N was a full team effort, Ciganer-Albeniz specifically highlighted Angbazo and Karisa Bockley '23 for playing middle blocker and hitter, despite each not being their primary position. According to Ciganer-Albeniz, their efforts were crucial to the team's success.

"Volleyball is a sport where everyone has to contribute in order for the team to score a point. We have two middle hitters that are out right now because of Covid-19, so then Saraya and Karisa came in to play middle, and they did so incredibly well given that they don't always start or play that position," said Ciganer-Albeniz. Andover will host Taft and Hotchkiss on Saturday and play at Brooks on Wednesday.

Meg Stineman
Sep 16, 2022

Girls Volleyball Undefeated in Double-Header Against Taft and Hotchkiss, Sweeps Brooks Despite Last-Minute Lineup Changes



Andover Girls Volleyball hosted the season's first Quad Meet this Saturday with Taft, Hotchkiss, and Phillips Academy Exeter. In a double-header against Taft and Hotchkiss, the team lost only a single set, despite facing readjusted lineups. Later in the week, Andover proceeded to another sweep over Brooks, putting its record at 4-1-1. According to Saraya Angbazo '25, the outcome of Saturday's games relied heavily on the team's energy level. Initially, the team matched

Taft's slow pace-of-play, causing Andover to lose the first set. However, the team bounced back quickly to find its rhythm.

"Taft was first and Hotchkiss was second. In both the games, the beginning was a rocky start. We had low energy, but as the game went on. We powered through, and the team came together and brought up the spirit. That's what got us our wins," said Angbazo.

However, after gaining momentum from the win over Taft, the team's starting setter had to be subbed out due to Covid-19. Despite changing its entire formation on the spot, the team adapted well against Hotchkiss, according to Lena Ciganer-Albeniz '25. Additionally, Ciganer-Albeniz gave accolades to the team's concentration until the last point.

"For the second game, we tried a completely new lineup. Instead of playing five-one where there's one setter who sets both the front and back row, we had two setters. So a six-two formation... Drew [Nelson '24] and Yanna [Dorotan '23] were the two setters, and we also did that formation for our game against Brooks today. They especially, but the entire team, did so well adjusting to such a new lineup that we had never tried before. And because it was a new lineup, we were more focused and conscious," said Ciganer-Albeniz.

Additionally, Angbazo also noted the team's relentlessness in spite of challenges they have faced recently. Despite difficulties, the team played dynamically, shifting around and covering when needed, resulting in a sweep over Hotchkiss.



Angbazo said, “Our mindset going into the Taft game was not to repeat [last Wednesday’s] BB&N game, where we were in a situation where we had to really come together in the last few sets and in our last few opportunities to win. So because of that, once we realized that set one went poorly, we had to pick up the pace and clean it all up, and I think we did that really well.”

Furthermore, Ciganer-Albeniz mentioned the hardships of playing a double-header. Even though the games got strenuous, in combination with the team’s stamina, players utilized various tactics to maintain steady pressure on the opposing team.

“I think that even though we were pretty tired, the team played pretty smart obviously. We know that we play our best when we were jumping high and swinging hard, but it’s difficult to do that near the end of a double-header, so when hitters weren’t able to get up to the ball as much as they’d like, they were tipping or pushing the ball instead, which were really smart plays that led to a lot of winning points,” said Ciganer-Albeniz.

In Wednesday’s game against Brooks, Jaedyn Ford ’24 noticed that the team employed similar offensive tactics to the double-header, which contributed to its victory. Specifically, she credited the team’s defensive line, which helped Andover to take the victory by more than seven points in all three sets.

Ford said, “We always really succeed in our defense, and we are always getting balls up. We always fight for every point. . . And we also were able to be smart with where to put the ball on the court and just work together as a team.”

Andover Girls Volleyball will play away at Loomis Chaffee on Saturday and host Noble and Greenough on Wednesday.

Staff Report
Sep 23, 2022

Girls Volleyball Falls to Loomis in Fifth Set, Recovers in Win Against Nobles



Andover Girls Volleyball faced a difficult loss during its close game against Loomis after multiple shifts in momentum throughout the game, leaving the game with a final score of 2-3. However, the team went on to secure a 3-1 win against Nobles with an energetic start in the first set.

Andover’s loss against Nobles came in spite of a bright start.

Andover’s movement was highlighted at the beginning of the game, according to Saraya Angbazo ’25.

Angbazo said, “We definitely had strong players and strong hitters and the energy we brought in the first set vs Loomis was over the top and that’s what powered us through. . . It was fire. We were getting a lot of ups and moving our feet to the ball.”

Co-Captains Dagny Bingham ’23 and Jessica Ma ’23 exemplified the front row players’ persistent efforts to create scoring opportunities. Despite the team’s attempts, Andover’s mistakes cost it the game, according to Jaedyn Ford ’24.

“[Loomis] basically thrived off of our small mistakes, but on our side we were trying to swing hard on every ball. . . Jessica had some really strong hits and as well as Dagny, one of our captains. She really took charge and went really hard against the other team. Also our middles who were coming back from [Covid-19] also played really [well],” said Ford.

Angbazo shared Ford’s sentiment, crediting Bingham and Ma for their relentless drive. Even when the momentum was against Andover, Bingham and Ma drove the team with strong plays..

“Dagny, our captain—wow, she was so amazing. Also, in one rally of one of the sets Jess had three amazing hits in a row. Unfortunately we didn’t win that point but over and over again Jess just kept on swinging,” said Angbazo.

Despite Andover's win against Nobles, the team performed noticeably worse against a weaker opponent, according to Mary Lord '24. She noted that playing against a strong opponent in Loomis gave the team a special zeal that made the performance one of its best this season.

"This game was worse than Loomis [because] the team we were playing was less competitive. I would say that Loomis is one of our best games we have had so far. Today we had players injured and sitting out and the energy was low just because we struggled to bounce energy off of a team who doesn't have good energy," said Lord.

According to Angbazo, a key goal for Andover moving forward is to maintain energy levels throughout the game regardless of the strength of its opponent.

"I think we need to improve on not letting our energy or spirit go down, and if the other team is playing at a slower pace or a slower energy level, instead of matching them we should multiply their energy by two," said Angbazo.

Ford also noted that keeping that positivity in a game is an essential part of winning. Encouraging each other from the sidelines and keeping that regard for winning in mind.

Ford said, "I think it's the same thing as when we played BB&N. We lost again in the fifth set because we had let the energy get taken away from us so we couldn't finish strong. We need to make sure that we have the energy and motivation to win."

Andover Girls Volleyball will face Tabor Academy on Saturday.

Elise Minor
Sep 30, 2022

Andover Girls Volleyball Sweeps Tabor Academy and Rivers with Momentum and Agility



Andover Girls Volleyball dominated against Tabor Academy (Tabor) and Rivers this week, winning three consecutive sets in both games. The team's record now stands at 7-2-1.

According to Kate Rodgers '26, the win on Saturday against Tabor fueled the team with enthusiasm. Rodgers attested the team's success to its Co-Captains, who brought strong gameplay and excitement to practice.

Rodgers said, "I think that the whole team had really good energy and I think I credit that to our captains because they really picked things up in

practice this week, like our coaches. They just [have] good energy in the game and it [gave] us a positive outlook and I think we really played together as a team and as a whole, which helped us succeed."

Similarly, in the game against Rivers, Andover was able to maintain a similar energy. Saraya Angbazo '25 attributes recent victories to the team's ability to sustain its positive outlook.

"I think our energy level has definitely improved, the consistency or our energy level that is, in today's game and the previous game...but in the previous game, we made sure to keep the spirit alive and not to let it die down or take any low dips and doing that has helped us definitely," said Angbazo.

For Andover, the game against Rivers was a turning point. The team was able to get into rhythm while playing, according to Yanna Dorotan '23, in which everyone contributed to team unity.

Dorotan said, "Definitely by this game, this is what I've heard from the coaches, it [has been] one of our first shows of strong chemistry because at first we were all kind of still finding our path and we have a lot of young girls, but I think this game really solidified our connection, and it was great. It was great flow and great chemistry today."

Angbazo added on the strong chemistry on the court, which allowed them to make effective plays. She expressed that the team was vocal on the court, despite a late-game decline in energy during the team's game against Rivers.

"I think Saturday's game was definitely a big one. That one was amazing. We covered the ball so well, talking, knowing where to be, knowing whose ball was whose, and today we tried to bring that energy over, and while

today we did take a lower dip of energy in the third set, we still tried to try and repeat the spirit we had on Saturday's game," said Angbazo.

Dorotan highlighted plays made by her teammates, specifically strong hits, that led to the team's ultimate success.

"The other team passed onto our side and there was this one ball where Dagny [Bingham '23] hit it right just past the ten foot line and that was really cool. We had a lot of big kills from our two, we had a big kill from our middle Mary [Lord '24] and Pauline [Huang '23] as well, a lot of big blocks. There was this huge swing from Jess [Ma '23]. I think we were down by two, and she just went out for the approach, big swing, and she was floating. She was levitating in the air so it was great to see," said Dorotan.

The team has shown a lot of improvement in the past weeks. Dorotan mentioned her excitement for upcoming games. She emphasized her hope for consistent energy and communication in the team's future game against Phillips Academy Exeter (Exeter).

Dorotan said, "We've just worked so well together and every practice I see everyone getting better and we're all putting our all into it. The captains are doing a great job of setting a tone... Just [wanting to] keep this fire going because we're going to need that for our next big game, especially against Exeter."

Andover Girls Volleyball looks forward to playing Choate this Saturday.

Eva Murphy

Oct 7, 2022

Girls Volleyball Defeats Choate and Austin Preparatory School, Continues Five-Game Win Streak

Girls Volleyball defeated Choate and Austin Prep, both with the score of 3-1, on Saturday and Wednesday, respectively. Continuing its win streak, the team's record now stands at 9-2.

Jaedyn Ford '24 reflected upon the game against Choate last season, where the team had lost. She noted the resilience and team chemistry that allowed the team to defeat Choate on Saturday.

"[The game against Choate] was one of the most pivotal games in our season. Last year when we played Choate, we lost, and then we went on a multi-game losing streak. This game, we came back in the first set... The fourth set was really close together: point after point we were tied, and then after seventeen points we took it all the way to the end. They were a really really good team, they had some really strong hitters, but it was just about us working together, falling together after every ball not letting anything drop," said Ford.

According to Ford, Mary Lord '24 put up an impressive performance in the game against Choate, specifically making strong kills and playing well at net.

Ford said, "Our middle, Mary, she was really strong at the net. [Choate's] hits were really low to the net, which meant they were really easy to block. There were a lot of balls that were tight to the net, and Mary would slam it down... We were just really big up there, and I think a big part of that was controlling their net."

Kate Rodgers '26 partly credits the victory to the high energy that kept the players going. She noted that the bench kept cheering teammates on and helped each other shake off tough moments.

"Our bench's energy was really good, which I think inspired the team to bring up the energy as well. That really helped us to have a positive outlook and really fight hard for the win" said Rodgers.

The success against Choate carried the team into Wednesday. Coach Clyfe Beckwith highlighted several players who contributed to this win. However, he also emphasized a few mistakes made in the game.

In an email to *The Phillipian*, Beckwith said, "We had notable performances from our starting six. Mary Lord gave us a spark with some key hits in the middle. Karisa Buckley gave us a spark also in the middle, with some key blocks and adept defensive plays. And that is on top of the good strong foundation the whole team provides. We allowed Austin Prep many points by dropping out of

system saves, hitting free balls into the net, and serving far too many balls out. And we redeemed ourselves by forcing them to make mistakes.”
Girls Volleyball will play St. Paul’s at home on Saturday.

Andre Wu
Oct 14, 2022

Girls Volleyball Head Coach Clyfe Beckwith Values Honesty and Sportsmanship



Andover Girls Volleyball Head Coach and Instructor in Physics Clyfe Beckwith wants his team to always “strive to go higher.” Through a balance of positivity and seriousness, Beckwith hopes to further develop the team’s chemistry, prioritizing the long-term goal of participating in the postseason tournament.

For Beckwith, volleyball is a game of honesty and sportsmanship.

Though he heavily emphasizes upholding these two values on his team, he also hopes opposing teams will do the same, ensuring the best competition possible.

“Especially in volleyball, the referees don’t see everything, and I believe that calling your own touches or calling the ball in on your opponent makes us a better team because we know we have to earn each point. And I believe it sets up a friendlier competition rather than being so contrarian as in, it’s not us against the refs. It’s not us against the other team. We have to make sure we deserve the win,” said Beckwith.

Although Beckwith did not coach the team last season, Jaedyn Ford ’25 highlighted his competitive attitude after his return this season, ready to bring the team to the next level. Beckwith brings back volleyball experience from his time on youth national teams and NCAA Division I teams.

“This is our first year having him back as a coach and we immediately could see how much energy he has and how much love he has for the sport. How much he loves to be around us and spend time with us. And you could just see that from the beginning,” said Ford.

Kate Rogers ’26 appreciates his positivity that radiates both on the court and in the classroom.

Rogers said, “Coach Beckwith is a very positive person. He’s extremely nice and just fun to be around. He’s also my physics teacher, which is really fun. It’s fun getting to see him in the classroom and as a coach. I think he’s just a really fun coach. He’s always trying to make the drills enjoyable and the team dynamic good.”

Even with his lighthearted personality, Beckwith knows exactly when to switch into a more focused mindset to effectively make improvements to the team. According to Ford, finding a balance between being direct and being uplifting is one of his strengths.

“Even though he’s really positive and stuff, he knows when to be serious. He knows when to tell us the truth and stuff like that and knows when to be kind of harsh. Because, well, we want to have fun all the time. We can’t always, and he knows how to navigate that really well,” said Ford.

Rogers believes another one of Beckwith’s strengths is his vigilance during games. Constantly observing the opposing team’s strengths and weaknesses, the coach is able to develop effective counterattacks and counterstrategies for his team.

“He’s always watching the other players on the other teams to know what they’re doing and how we should improve, so we can do better in games. Or just in practice so we know what to improve on,” said Rogers.

This season, Beckwith’s team has consistently faced injury and Covid-19 absences, resulting in constant changes to its lineups. However, he believes such challenges are perfect opportunities to develop a strong team chemistry in preparation for the postseason close ahead.

Beckwith said, “I think team chemistry can only come when a group works together through some conflict and being on the other side of a team that pushes us to be better. The other portion of team chemistry is hanging out together, which is what I hope to achieve through team dinners and just having the team spend time together.”

Meg Stineman
Oct 20, 2022

Girls Volleyball Co-Captain Dagny Bingham '23 Emulates Open and Zealous Environment

Co-Captain Dagny Bingham '23 has a zeal for volleyball. Bingham considers volleyball one of the most collaborative team sports. The spirit of collaboration has guided Bingham to be an effective communicator on the court, as well as a respected leader.

According to Drew Nelson '24, Bingham's high spirit is a big motivating factor for the team. Her ability to ease everyone into the competition and move past inconveniences has been admirable throughout the season.

“Dagny brings so much energy to the court like I've never seen before on any team I have ever played on. That energy encourages everyone else to step up and be loud and support each other. Her energy helps the team shake off any bad points and encourages everyone to want to win for each other. She's also just a fun person to be around. She always brings up the team's spirits especially during tough practices, it's always so much more fun when she is there and can crack a joke or two,” said Nelson.

Starting off the season with many new players, the team had to make adjustments, according to Bingham. However, she noted that every game has been proof of the team's unmatched chemistry and progress.

Bingham wrote in an email to *The Phillipian*, “This season I have stressed the importance of playing as a team. Volleyball is through-in-through a team sport, so it is not enough to have strong individual players, unless those players can function as a unit. We have a lot of new players, so it took us a while to understand each other and how to play with one another. However, as the season has progressed, the increase in communication with one another on and off the court has translated to the team's ability to play together. I'm constantly impressed and proud of how the team has progressed as a team. Everyone is incredibly encouraging and as a captain that is all I can ask of them.”

Saraya Angbazo '25 shared similar sentiments to Nelson. Angbazo highlighted Bingham's positive influence on her teammates, and emphasized Bingham's ability to translate that focus to benefit the team.

Angbazo said, “A quality that stands out for her as a volleyball player, person, and captain is how positive she is and how much short term memory she has while playing. If the team has a bad play or a bad set or if individuals have a bad play, she is so easily able to shake it off. One person on the court being able to do that influences everyone else and together that makes us even more fired up to let go of what just happened, and together fight for the win.”

Additionally, Bingham's communication with other athletes has been a way of building trust and stability within the team. She strives to create a comfortable environment in which her teammates can embrace difficult conversations through trust.

“I communicate with the team through blunt conversations. If I feel something is wrong or I have an observation I don't hesitate to tell the player. And I appreciate when the same is done for me. I emphasize to the team that if they are frustrated or concerned about something happening on the team or with me to please have a conversation with me, and I won't take bluntness to heart. This way I think the team can trust one another. Nothing is going unsaid and there is constant communication,” Bingham wrote.

Bingham's competitiveness, drive, and empathy as an athlete is echoed in her captainship. In ensuring her teammates' health and wellbeing, and offering guidance to younger athletes, Bingham has displayed exemplary leadership, according to Nelson.

"During the games, she gets very competitive and very into it and she wants the ball and she wants everyone to do well. And her overall outlook of the sport is amazing and has been a great encouragement for everyone on the team, but especially the Underclassmen who she has been an incredible role model for. It has just been so much fun playing with Dagny this year," said Nelson.

Meg Stineman

Oct 21, 2022

Girls Volleyball Takes Win Against NMH, Follows with Clean Sweep Against Austin Prep



Andover Girls Volleyball defeated Northfield Mount Hermon and Austin Preparatory School, 5-3 and 3-0 respectively. The team's record now stands at 12-3.

According to Saraya Angbazo '25, the team went into the Austin Prep game with high intensity and determination. Having played the team in the past, winning with a score of 3-1, Angbazo expressed the team's hope for another victory.

"I think with this game against Austin Prep, we came in ready to crush them from the start. We didn't have a slow start or lack of energy in the beginning, but I think a factor of that was also because we've played Austin Prep before. We knew we wanted to get a double victory out of them," said Angbazo.

Regarding the team's game at NMH, Angbazo explained that despite a win, the team did not play their best.

"While we were glad that we returned to Andover with a victory, we were upset with the overall game. This match could have been quick and ended with a 3-0 win, but instead we had to fight to five sets because we weren't playing our hardest until it seemed like the very last moment," said Angbazo.

According to Jaedyn Ford '24, the team had a slow start in the first set and was down in the second during the game against NMH. Both Ford and Angbazo highlighted an impressive effort from Co-Captain Dagny Bingham '23 that helped the team to come back and win the second set and carried that momentum through the rest of the game.

Ford said, "We were down by two points, and then Dagny passed every single ball that was hit to her. Every time that we thought the point would be over she was there and she passed it. [With] that energy right there, our shock at her doing that, [and] the point being continuous ... we ended up winning the point, and then we kept taking that [energy] on in the second set, and we beat them 25-17."

Angbazo added, "After we realized that we were being sloppy and the energy was low, Dagny, one of our captains, had three incredible digs in a row, all in one rally, and that was definitely a 'wow' moment in the game and it got us pumped."

Lena Ciganer-Albeniz '25 noted that the team defense was effective against NMH. She continued, outlining improvements the team can make in the future.

"I think our team is really really good, so much skill, the defense is phenomenal. We have huge blocks, and we have an incredible libero, hitters that can pick up in the back row, and our hitting is actually very good as well. . . We just need to learn to be more aggressive when the pressure is high," said Ciganer-Albeniz.



Ford acknowledged the team's lack of aggression and tendency to shy away from the ball after a bad play.

"We don't always have the mindset to stay really aggressive on the ball. If we get scared and somebody misses a hit, the next person won't hit, and instead, we'll give them a free ball. So it'll make it easier for the other team. Something that we are working on right now is staying aggressive, always hitting the ball, always doing something smart with it, not giving the other team an easy ball," said Ford.

Looking ahead to the next game, the team will focus on improving their quick hits, according to Angbazo. She noted that this improvement will be necessary against Phillips Exeter Academy and in the playoffs.

"Leading up to this game, we worked on having quicker sets and quicker hits which, generally in volleyball, ups the level and ups the skill of that team. Though today we tried to incorporate some of those hits into our game and I think we'll continue to work on those for the upcoming games, [Andover/Exeter], and hopefully playoffs," said Angbazo.

Andover Girls Volleyball will face Deerfield at home this Saturday.

Evie Wood
Oct 28, 2022

Girls Volleyball Sweeps St. Paul's After Loss to Deerfield



After a frustrating 1-3 loss to Deerfield on Saturday, Andover Girls Volleyball made a comeback to sweep St. Paul's four days later. The team's current record stands at 13-4.

Mary Lord '24 recalled a hit by Co-Captain Dagny Bingham '23 on Saturday, which propelled the team to win the third and only set of the day. She emphasized a shift in the team's mindset during the third set with the game on the line.

"[I] would say overall there were good moments, [and] we had some really good plays. One of our outsides, Dagny, [had] an amazing game, even though we lost. ... There was one hit that Dagny had that was insanely good. That gave a lot of energy to the team because seeing someone hit that hard, excites the entire team into playing, and it helped us win the set that we won," said Lord.

Prior to Saturday, the team understood that it was capable of defeating Deerfield, according to Saraya Angbazo '25. However, despite the few exciting moments, Angbazo noticed a loss in momentum in the fourth set as the team was unable to overcome its mid-game nerves.

"[The game] was iffy. I just don't think we were feeling it that day. We were trying to force a positive mindset, but I don't think it was there. I feel like we went into the game scared, since we knew Deerfield was a strong team, but it shouldn't have been like that. It was an off day, and we all knew it," said Angbazo.

Learning from Saturday's game, the team prioritized controlling its mental blocks heading into Wednesday, according to Sophie Holten '25. Holten believed the sweep over St. Paul's was reflective of the team's attempt to play more confidently.

"Energy is so, so important in volleyball. If we get down on ourselves, we struggle. You can have all the skill in the world, but if you can't pull yourself out of your head after a couple of bad points, you aren't setting yourself or your team up for success. Throughout the past couple of weeks, I think that is what we have been working on mentality wise. I think that in regards to skill work [or] tactics, attacking and swinging hard at every chance we get is something we have also been working on quite frequently," said Holten.



Holten highlighted Seniors Karisa Bockley '23, Yanna Dorotan '23, and Bingham in Wednesday's game. Holten pointed out their efforts to uplift the team after Saturday's loss.

"Karisa is always a reassuring presence on the court, and she is so supportive... She had some great ups today. [Yanna is] very versatile, and always willing to play whatever position we need her in. I really admire her positive attitude and her ability to continue fighting, no

matter how many points behind or ahead we are... Dagny is a consistent, skilled, and trusted player on the court. She constantly inspires our team to stay full of energy, on the bench and the court," said Holten.

With only three regular season games remaining, Lord reflected on the season. While next year brings excitement with new players, Lord was saddened to see the limited time the six Seniors have left in their high school volleyball careers.

"I'm really sad about [the season coming to an end] because we have a lot of Seniors on the team, so it'll be really sad to have it be our last season of volleyball together. The team is going to be very different next year, which is exciting, but it's also really sad to think about the Seniors that we're going to lose, and I'm just feeling sad about missing them," said Lord.

Andover Girls Volleyball will host Milton on Saturday and play at Worcester Academy on Wednesday.

Sage Preston
Sophia Cratty
Nov 4, 2022

Girls Volleyball Looks to Conquer Number One Ranked Exeter



Andover Girls Volleyball anticipates a challenging match against Phillips Exeter Academy this Andover/Exeter (A/E) weekend. Earlier this season, Exeter defeated the team 0-3, but Andover is more than prepared to turn the tables this time around.

According to Lena Ciganer-Albeniz '25, the team is prepared to showcase its recent improvements since the last game against Exeter.

The loss in October was partly a result of injuries and adjusted lineups,

but now, the players are excited for the anticipated match-up.

"Going into A/E, I'm really excited because I think that last time that we lost against Exeter, we were missing two of our starting players but since then, even people who are not starters have really improved their skills... We're going to go into A/E with a lot of fire and energy. I think that's going to really benefit us," said Ciganer-Albeniz.

As the season progresses, players have been developing effective plays and thinking quickly on their feet, noted Ciganer-Albeniz. Most importantly, the team has prepared to be more decisive on the court.

Ciganer-Albeniz said, "We've been working on fast paced hits, more fast paced plays, so that includes lower sets and the setter or hitter goes faster, also just keeping the energy high and adjusting to whatever we have to and placing tips in the correct place, and making smart decisions with our plays."

With the highly competitive energy of A/E, Pauline Huang '23 emphasised the significance of a focused mind. She noted the importance of having confidence in each other to persevere through stressful moments.

"I'm trying to have as much fun as I can and treasure every moment with the team and on the court right now so that I don't leave any regrets... [This season] I've learned to get over performance

anxiety. I used to care so much about what people think about my performance on the court... Now I've learned to focus more on what's happening on the court, to think that I have all my skill sets in my pocket, and to believe in myself and my teammates," said Huang.

In an email to *The Phillipian*, Head Coach Clyfe Beckwith shared his understanding of how the A/E game will pan out. He believes that Andover has the ability to defeat Exeter, but thinks that the match will come down to whichever team is playing at its best.

"It all depends which [Andover Girls Volleyball] team shows up. We have the skills and the depth to beat Exeter. If we make fewer mistakes than they do, then we have a shot at even beating the [number one] ranked team," wrote Beckwith.

Andover Girls Volleyball will face Exeter at 11:30 a.m. this Saturday.

Sage Preston
Nov 11, 2022

Girls Volleyball Crushes Milton at Team's Senior Night



With a quick recovery by Wendy Wang '24 and a final hit by Dagny Bingham '23, Girls Volleyball defeated Milton in a 3-0 shut-out last Saturday. The team's record stands at 14-4.

For its Senior Night game, the team modified its starting lineup to incorporate the senior class. According to Lena Ciganer-Albeniz '25, Andover effortlessly eased into the game with big plays despite these major changes.

"I think we played really well overall. There were a lot of adjustments to the line-up because it was Senior Night. I think we were pretty consistent with our hits, and our defense was very good as usual [and] there were also a lot of big blocks," said Ciganer-Albeniz.

Head Coach Clyfe Beckwith noted that players were able to depend on each other to keep the ball alive and to make smart plays throughout the game. Coach Beckwith particularly identified Pauline Huand '23 as one of the main offensive contributors.

Coach Beckwith said, "We played as a team against Milton, covering for each other and playing to our own strengths, like setting Pauline in the middle as she was on a hot streak, and going to the outside sparingly as Milton set a very strong block. We got strong plays when we needed to stop Milton's momentum [with] strong hits and key defense."

Co-Captain Dagny Bingham '23 also identified Huang as a key player on the team's offensive. Bingham mentioned that Huang successfully executed skills and plays that the team had been practicing throughout the season.

"[Huang] had an amazing game, probably her best game of our season. I think she had at one point like ten kills in one set. It was really awesome and she was running faster plays [and] we've been working towards that all season. She finally got to try [running the faster plays] and it worked very well. That definitely contributed to the team's success," said Bingham.

Huang shared the growth in how she deals with stressful games. She played one of her most successful games against Milton, and that was, as she explained, due to her ability to concentrate and be present in the game.



"Surprisingly I've learned to get over performance anxiety. I used to care so much about what people think about my performance on the court, but I found out that the more I care about others' opinions the worse I do. Now I've learned to focus more on what's happening on the court, to think that I have all my skill sets in my pocket, and to believe in myself and my teammates," said Huang.

With only two games left in her volleyball career at Andover, Huang shares her ambitions of pushing herself to play aggressively while enjoying the rest of the season.

Huang said, “I definitely don’t want the season to end this quickly because this is probably going to be the last time that I play volleyball competitively and I’m not sure if I’ll be able to continue playing in college. But I’m trying to have as much fun as I can and treasure every moment with the team and on the court right now, so that I don’t leave any regrets.”

Looking forward, the team will continue working on communication in the transition from defense to offense, which the team struggled against Milton, according to Coach Beckwith. Moreover, the team will strive towards curating offensive attacks and preparing for the ball after a block.

“We let quite a few balls drop after a teammate made an amazing defensive play and we made too many service errors... Confidence in our varied and quick attack, and covering for each other on the court,” said Coach Beckwith.

Girls Volleyball will face Worcester on Wednesday and Exeter on Saturday.

Sophia Cratty

Nov 11, 2022

Boys Varsity Water Polo

2022

Coach: Howard Kalter

Assistant Coach: Nate Smith

Captains: Marek Deveau, Marcel Montemayor Fontes, & Howard Wolfe
Managers:

Overall Season Record

Win	Loss	Tie
8	7	0

Letter Winners: John Downing, Howard D. Wolfe, Jonathan Ji, Marcel J. Montemayor Fontes, Raphael J. Sibuet, Daniel G. Mair, Ashton Ma, Kyle S. Donaldson, Andrew H. Chinn, Marek Deveau, Samuel Lee, Zachary A. Godsey, Ryan M. Chandor, Jason S. Kokones, Sean Niu, Daniel Y. Seong, & Yihao Zhou

Award Winner:

MVP BOYS WATER POLO AWARD

RECIPIENT: Marcel J. Montemayor Fontes

Boys Water Polo

2022 Schedule and Results

DAY	DATE	TEAM	OPPONENT NAME	SITE	TIME	RESULTS
Sat	09/17/2022	Water Polo B	LOOMIS/HOPKINS	H	2:15 PM	16-8 W, 6-10 L
Wed	09/21/2022	Water Polo B	Exeter	A	3:15 PM	8-21 L
Sat	09/24/2022	Water Polo B	Deerfield/Westminster	A	2:15 PM	8-14 L, 17-4 W
Sat	10/01/2022	Water Polo B	Williston/Greenwich	A	4:00 PM	10-13 L, 6-14 L
Wed	10/05/2022	Water Polo B	St. John's Prep	H	3:30 PM	15-4 W
Sat	10/08/2022	Water Polo B	Choate	A	2:00 PM	10-14 L
Sat	10/15/2022	Water Polo B	Loomis/Brunswick	H	2:00 PM	13-7 W, 13-8 W
Wed	10/19/2022	Water Polo B	Suffield	A	4:15 PM	12-4 W
Fri	10/21/2022	Water Polo B	St. John's Prep	A	4:15 PM	11-2 W
Sat	10/29/2022	Water Polo B	Deerfield	H	1:00 PM	12-11 W
Wed	11/02/2022	Water Polo B	Exeter	H	3:15 PM	8-12 L



Phillips Academy Boys Varsity Water Polo 2022

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1A	John Downing	2023	Methuen, MA
1	Howard D. Wolfe*	2023	Vero Beach, FL
2	Jonathan Ji	2024	Shanghai, CN
3	Marcel J. Montemayor Fontes*	2023	San Pedro Garza Garcia, NL
4	Raphael J. Sibuet	2024	Dubai, AUE
5	Daniel G. Mair	2024	Kingston,
6	Ashton Ma	2024	Avon, CT
7	Kyle S. Donaldson	2023	Kingston, JAM
8	Andrew H. Chinn	2024	Jakarta, ID
9	Marek Deveau *	2023	Beaconsfield, QC
10	Samuel Lee	2024	Scottsdale, AZ
11	Zachary A. Godsey	2025	Honolulu, HI
12	Ryan M. Chandor	2023	Weston, MA
13	Jason S. Kokones	2025	Andover, MA
14	Sean Niu	2025	Newport Beach, CA
16	Daniel Y. Seong	2025	Wyckoff, NJ

*Captain

Coach: Howard Kalter

Assistant Coach: Nate Smith

Managers: Cisco Hernandez '24, Evalyn Lee '23, Sofia Traversari Sotomayor '23, Sui Yu '23



Boys Varsity Water Polo 2022 Highlights

SEPTEMBER 17, 2022

Water Polo BV vs Loomis

W 16-8

SEASON OPENER

The PA Boy's Water Polo team had a great start to the season as they took on Loomis at home. Each member of the varsity squad was able to get playing time and contribute to the first win of the season. This game was a great chance for the team to work on its defensive strategies as well as provide opportunities for many different players to contribute on the offensive end.

SEPTEMBER 17, 2022

Water Polo BV vs Hopkins

L 6-10

HOPKINS HIGHLIGHTS

PA Boy's Water Polo took on Hopkins on Saturday afternoon after playing Loomis earlier in the day. This game was a great learning experience for the team. They were forced to adjust strategies mid contest and become a more dynamic and well rounded team. Although PA didn't get the win, the team left with a much better understanding of what they need to work on to improve during the course of the season.

ANDOVER VS. EXETER

Andover had a great trip to Exeter for their first away game of the season. The squad was down a couple of players due to illness, which provided opportunities for others on the team to step into new roles. Although the score didn't go their way, the team improved dramatically on the diversity of their offensive weapons. On the defensive end, the team continued improving their press while a couple of players got to learn more about their roles as center defenders. The team is excited for a couple of good practices before traveling to Deerfield on Saturday.

Boys Water Polo In The News

Boys Water Polo Starts Season 1-2 with Double Header and Phillips Exeter Academy Bout



After drawing a penalty to put Andover in a six-on-five situation, Zach Godsey '25 received a pass and fired the ball to the back of the net against Phillips Exeter Academy. Hosting two teams this past Saturday, Andover Boys Water Polo defeated Loomis Chaffee 16-8 but lost to Hopkins 6-10. On Wednesday, the team fell to Exeter 8-21, bringing its record to 1-2.

According to Sam Lee '24, the team implemented techniques it adapted from Saturday's double header into the Exeter

game, but lost due to their limited experience. Lee also noted a lack of movement around the perimeter, leading to predictable and ineffective offense.

"The past two practices we've actually been focusing on drives and picking up drives. So what that is, is creating movement around the offensive perimeter, and setting some people up in posts sometimes to create some confusion in the defense, because if everyone's just sitting still then it's pretty easy to see what's going to happen. So the more splashing of the water there is, the more moving there is, the more unpredictable you become," Lee said.

Co-Captain Marcel Montemayor '23 echoed Lee's thoughts, elaborating that the team identified places for improvement from Saturday. Montemayor added that much can be learned from the loss against Exeter.

"We're pretty static outside the perimeter. We're over relying a lot on what the center is doing, if he can get position, and if he can't it sort of shuts down the entire offense. We struggle to find that movement outside the perimeter and that's something that we could keep improving for Wednesday against Exeter," Montemayor said.

According to Godsey, Andover had strong fundamentals, but Hopkins was still a difficult team to beat. He noted that despite the loss, the team's season is off to a productive start.

Godsey said, "As a team, I think we had good counterattacks and we had good speed, especially the first game, I think we got a little more tired in the second team. We had good offensive plays, we had good defensive steals, I think our press defense worked well especially in the first game... [However,] the second team was definitely the more difficult team, but there's definitely a lot of stuff we need to work on like spatial awareness and getting back on defense. We needed more offensive motion I think, so [those are] points to work on for the next game."

Daniel Seong '25 highlighted Godsey's individual performance during the game. According to Seong, Godsey was able to consistently place himself in areas to score.

"I'm going to shout out Zach Godsey, Class of '25. He played very well, and he scored. Very good person and player, and good individual. I think Zach was able to get open a lot of times and create a lot of space for a lot of good shots," Seong said.

According to Lee, despite the two losses, the team has learned a substantial amount. Under the leadership of new Head Coach Howie Kalter '07, the team is working towards adapting various new strategies.

Lee said, "We're definitely improving, even just looking back at our last game, we've improved a lot in the two practices from the Loomis' game and the Hopkins' game.... We got a new coach this year and so [we're] trying a lot of new things. We're thinking of water polo in a fundamentally new way, so it's definitely going to take some getting used to, but we're trying our best and we're applying everything that we can."

Andover will face Deerfield and Westminster away in its double header on Saturday.

Andre Wu
Sep 23, 2022

Boys Water Polo Rebounds From Loss Against Deerfield to Beat Westminster in Double-Header

After a tough 8-14 loss against Deerfield on Saturday, Andover Boys Water Polo reset to comeback 17-4 against Westminster that same day. The team's record now stands at 2-3.

According to Co-Captain Trey Wolfe '23, the team initially failed to take advantage of dangerous scoring opportunities. However, the team quickly improved on the weakness, scoring nine more goals in the second game than the first.

"I would say against Deerfield our biggest weakness was we didn't capitalize where we should have. I think we were a little shy. I think some of the guys on the outside who were farther away from Deerfield's goal could have taken more shots, and they didn't, and that's okay. We learn from that. Then in our next game against Westminster, we figured it out and capitalized and really played into them. I know that we'll meet Deerfield again so in the future we'll know what to do," said Wolfe.

Nick Donaldson '23 emphasized the importance of recuperation, especially after losing the first game of the double-header. According to Donaldson, the team took ample time in between the two games to regain energy and spirit, propelling the team to a comeback against Westminster.

"We had two games over the weekend, and we lost the first one pretty badly because it was a close game, and it was a game we felt we should have won. Our morale was low, and our coach talked to us for a while in between games. I felt like we were able to bounce back really well, and we literally destroyed the next team we played, so that was really good. I think our comeback was really good," added Donaldson.

Wolfe shared a similar sentiment to Donaldson, highlighting the team's change in mindset from the first game to the second. Although the team was frustrated by not showing its true potential against Deerfield, letting go of the frustrations was critical to performing well against Westminster.

"We played Deerfield first, and we lost to Deerfield. We really should have won that game, so that was a tough loss. What I was telling the guys is [in] new games, we need to take a breath, reset mentally, don't carry any of the upset or stress from [the] last game into this one. Let's reset mentally, let's play a whole new game, let's win. I think everybody did a very good job with that. We had a lot of frustration from the first game, and we put that to the side and won," said Wolfe. While recognizing the full-team effort, Sam Lee '24 acknowledged Co-Captain Marek Deveau '23 for his composure and maturity throughout both games. Despite consistently being called out by the referee, Deveau stayed respectful, setting an example for the rest of the team.

"Although there wasn't a clear MVP during the games per say, if I were to choose, I'd definitely choose Marek. Marek endured so many B.S. fouls and penalties from the ref, but at the end of the day, he never let it affect the game. He never got angry, and showed true sportsmanship," said Lee.

Although dominating offensively against Westminster, the team had mostly focused on its defense up until this point, according to Donaldson. Looking ahead, the team wants to combine its strong defensive press with effective offensive positioning and goal-scoring strategies.

“We have been so defensive-minded so far this season, and in preseason, that we decided to train offense on Monday, and we will get back to defense eventually, but running different plays on offense, shooting drills, anything kind of offensive-minded,” said Donaldson.

Andover Boys Water Polo will face another double-header against Greenwich and Williston on Saturday, alongside hosting St. John’s Prep on Wednesday.

Meg Stineman

Sep 30, 2022

Boys Water Polo Sharpens Counterattacks, Falls Short to Choate



Despite its 14-10 loss against Choate this Saturday, Andover Boys Water Polo left the pool proud of the game they had played. Its record now stands at 3-6.

With the knowledge that Choate was a fierce team, the team was determined to play its best game. Co-Captain Trey Wolfe '23 highlighted the motivated and optimistic mindset that the team carried going into and out of the challenging matchup.

“We were expecting a good, tough game. And I think as a team, that’s our favorite kind of game. Everybody loves winning, but playing a good team, where you can really push yourself and get creative, those are always the best games and I think we really rose to the occasion. So even though we didn’t come out winning, it was definitely closer than it should have been. I think, sure, it definitely felt that way. And we walked away feeling like winners,” said Wolfe.

Against Choate, Nick Donaldson '23 noticed a dramatic improvement in the team’s non-verbal communication. From the beginning of the season, bonds have strengthened between teammates, not only creating a positive atmosphere outside the pool, but also, enhancing the level of play during games.

“I was talking about how we were disconnected at the beginning of the year in terms of our chemistry in the pool. Something we were excelling at a lot in that Choate game was reading each other without the use of words, so passes were made that I feel like we’ve improved on a lot in this point of the season that we weren’t making in the beginning of the season. We were taking shots for each other at the specific time that we should, which normally we wouldn’t have in the past. We were driving a lot, which we hadn’t been in the past. I feel like we have improved a lot with our communication without the use of words,” said Donaldson.

Although communication has improved, Wolfe believes the team still needs to work on establishing a strong, consistent defensive foundation. In preparation for upcoming games, the team will rely on film to identify weaknesses in its defense that have allowed for the opposing team to dominate early into the games.

Wolfe said, “I think one of one of our biggest issues at the start of the game was first getting kind of burned on defense.... We’re going to watch the game film on Wednesday just so players can see it because when you’re in the pool playing field it’s really hard to see everything that’s happening. I get a bit of a different view from the goal, but we’ll be able to look at the film and just see where we’re lacking on defense. And once we figure that out, we’re gonna be pretty unstoppable.”

Going into the game, the team was focused on its counterattacks. Rather than clearing the ball, the team wanted to formulate smooth transitions from its defensive to its offensive possession, according to Ryan Chandor '23.

“We were on defense and really just pushing out as fast as we can getting set up. Getting our offense working, moving the ball around as fast as you can, keeping the ball dry. And then in practice, as well as working on counter attacks, we’ve focused a lot on spacing in five-on-six. So

whenever there's a man down, there's a certain way to set up in water polo for man down just like in hockey. And really, again, just working on keeping the ball drive," said Chandor.

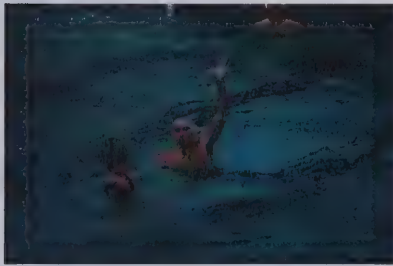
Now halfway through their season, the team has adapted well to their new Head Coach, Howie Kalter. According to Chandor, Kalter is always eager to share his extensive knowledge of the sport, and Kalter takes his contributions one step farther by being an example in the pool.

"I think that the knowledge that Coach Kalter has, because he was a professional water polo player, the things that he adds in practice really helps out a lot. And then as well as that, he does get in the water a lot which is super helpful. Actually showing us how to do certain moves, how to really work the ball around all that type of stuff. He's a great coach, like I said, super knowledgeable. I feel like he's really, really bringing in knowledge about the sport that we didn't have before," said Chandor.

Andover Boys Water Polo will host a double-header against Loomis Chaffee and Brunswick on Saturday and face Suffield Academy away on Wednesday.

Meg Stineman
Oct 14, 2022

Boys Water Polo Co-Captain Marek Deveau '23: Andover's "Silent Weapon"



Following the footsteps of former Andover Boys Water Polo player and older brother, Gregor Deveau '21, Co-Captain Marek Deveau '23 fell in love with the sport after eight years of swimming. As a leader, he strives to "never take any shortcuts." Ryan Chandor '23 highlighted the calmness that Deveau exudes while still being a powerful influence on the team. Though not the most vocal, Deveau is always willing to provide insight for the team, according to Chandor.

"Marek is sort of like a silent weapon. It's not like he doesn't like to coach people, but he's a little bit more laid back, but he's also very knowledgeable. He's always there to help people, but he's not always as vocal as [Co-Captain] Marcel [Montemayor Fontes '23]. It's sort of good to have two sides of that... He's always willing to help people out, and there's a friendly competition within practices and stuff. It really makes everybody better, and Marek is big on that," said Chandor. Because of water polo's physical nature, especially underwater, Deveau values good sportsmanship. Thus, he encourages the team to stay in control of their emotions while facing extreme frustration or excitement.

"It's really easy to let your emotions shine through, so just staying humble [is important]. After scoring a goal, not cheering in the other team's face, but celebrating small wins by yourself and with the team, and always showing respect for the referee and our opponents," said Deveau.

Zach Godsey '25 emphasized Deveau's direct approach to instruction. Through his extensive knowledge of the sport, Deveau is never afraid to provide constructive criticism for the team, constantly forcing a high level of play, according to Godsey.

"I think he's pretty direct. He'll tell you if you are doing something wrong, and he'll tell you how to fix it, and he'll tell you how to get around [it]. If you are doing something wrong, he'll tell you to stop. He's pretty direct and that is kind of his leadership style," said Godsey.

Though he sets high standards for others on the team, Deveau believes it is equally important to personally uphold those standards. Completing every action with a sense of purpose, Deveau hopes his teammates adopt the same level of effort.

Deveau said, "I motivate the team by leading by example. I feel like that is one of the best ways to get people to listen because you can't say one thing and do the opposite. If I'm trying to get everyone to get in the water early and do a good warmup, I always make sure I do the warmup to its full completion and I never take any shortcuts."

Godsey believes Deveau is reflective of his aims to lead by example. During games, Deveau models versatility and persistence, according to Godsey.

“He’s a very technically skilled player, and I think he uses his ability and his high level of skill to show developing players on the team what to do. Showing not telling. . . I think there are times when Marek steps up throughout the game, and whether it’s a really good shot or a really good play defensively, he motivates the team on some of his plays,” said Godsey.

Meg Stineman
Oct 28, 2022

Boys Water Polo Co-Captain Trey Wolfe '23 Picked Up Water Polo During His Off-season, Now Leads the Team by Building Chemistry



A long time swimmer looking for a sport to fill time during the off-season in the fall of 2021, Boys Water Polo Co-Captain Trey Wolfe '23 decided to give water polo a try. Although he only began playing last season, teammates have expressed that Wolfe has served as a role model for them. Wolfe is also a representative for the Athletic Advisory Board, a group of varsity athletes who work together to implement change in Andover Athletics.

According to Andrew Chinn '24, Many of Wolfe’s personal values—such as patience, class, and optimism—are useful in his role as Co-Captain. Chinn expressed that Wolfe’s positivity and friendliness create a safe environment for teammates to communicate with him. Chinn also noted the way Wolfe carries himself as one of his defining features.

“Trey has always been a unique character, to say the least. He’s always been someone who’s really mature, and has always been trying to establish very strong values. . . whether that be patience or holding yourself with a certain amount of class. . . He’s never been someone who I’ve gotten a bad impression from, and I think he’s maintained that reputation of being someone who anyone on the team can come to regardless of the situation,” said Chinn.

Daniel Seong '25 stated that Wolfe’s selflessness helps ensure that the whole team is working to the best of its abilities. Seong noted how important Wolfe’s advice is to his own personal improvement.

Seong said, “[Wolfe’s] the starting goalie, so he’s always in the pool for the whole game. I think Trey is one of the hardest workers in the pool and during practices. I’m new and I often make mistakes, he’s always encouraging, but also points out my mistakes for me to improve as a player.” Wolfe believes that he leads the team in and out of the pool by organizing get togethers where the team can bond in a non-competitive setting. Wolfe tries to foster trust among teammates by building strong connections outside of practice and games.

“For example, we have this weekend off, but we’re going to do a team stretch tomorrow. Little things like that where we can get everybody together. Sometimes we’ll do something fun, that way we just get the team doing stuff out of the pool for a while, and we kind of talk to each other and we’re not in a work environment, so to speak,” said Wolfe.

Chinn highlighted how Wolfe balances work and fun both in and out of the pool. Chinn emphasized the importance of this balance to the team’s bond.

Chinn said, “Our Lower year. . . [Wolfe] was one of the people who was open to holding activities outside, whether that be grabbing food or being a really big voice during team dinner. I remember my lower year, the entire water polo team auditioned for Strut, and he was a really big personality, and being a participator in a fun way, and being someone anyone can reach out to and feel comfortable joking around or having fun around him.”

Wolfe expressed that he prioritizes hard work and leading by example. His lack of prior experience playing water polo gives him a unique perspective and approach to working towards his goals.

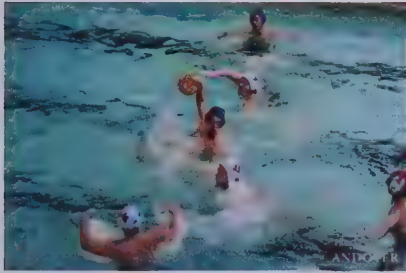
Wolfe explained that he uses his leadership position to share his experiences with the team.

“The one thing I bring to the team, like I said starting water polo last year and not having a past playing it, I think I try to lead by example and work hard. I always say you can be the best player on the team or you can be one of the guys who’s on the bench trying to work for a starting spot

but no matter where you are, you can always be the hardest worker on the team. That mentality is something that all of us definitely have now, and it's helped us a lot," said Wolfe.

Angie Lucia
Oct 28, 2022

Boys Water Polo Defeats St. John's Prep, Extends Win Streak to Four



Defeating St. John's Prep 11-2, Andover Boys Water Polo secured its fourth consecutive win on Friday. The team's record now sits at 7-6.

Leading up to the game, the team's practices were essential to its performance in the pool, according to Daniel Seong '25. Seong believes working on game-like scenarios was one of the most beneficial parts of practice.

"I think we have been working a lot on game-related drills, and I think it was useful in establishing the team's approach to the game," said Seong.

Andover's defense contributed to shutting St. John's Prep's attacks down, according to Seong. By the end of the first quarter, Andover had only let in one goal.

"Defensively our team definitely showed out. They only scored two goals, and our team was able to recognize and develop defensive strategies that we have trained for in practice," said Seong.

Zach Godsey '25 highlighted the determination of Sean Niu '25 during Friday's game. According to Godsey, Niu was one of the most hardworking in the game despite coming off the bench.

Godsey said, "Another player that was instrumental to our win on Friday was Sean Niu, who has been one of the most motivated and hard-working players. The St. John's [Prep] game was a time where he was able to demonstrate his newly found skills and proved to people he really deserves his spot on varsity."

Andrew Chinn '24 highlighted Jason Kokones '25, noting his ability to understand the team's needs at all times.

"I think Jason played an incredible leadership role in the win on Friday. Jason has really developed as one of the young leaders for our program. Moving forward, it's going to be very valuable to have people like Jason who can take control of a situation and recognize where the team needs to be at any given moment," said Chinn.

According to Chinn, the team mainly focused on improving its communication in preparation for the game. Especially for the players who do not have as much experience on the team, Chinn felt it was important to work together on developing a better sense of community and comfortability with every player on the team.

Chinn said, "One of the things we definitely wanted to work on was our vision and communication skills. I think our game on Friday was an opportunity for some people on the varsity team, that don't typically get to play, to have an opportunity to demonstrate those skills that were learned in practice. I think our team in general [has] learned a lot from previous games, especially those players that played in the St. John's [Prep] game."

Although its defense has improved, Godsey believes the team needs to establish better defensive habits along with refining its situational awareness moving forward.

"I think recognizing what stage of the game we are in and how to act accordingly is something that we really need to work on. Our team is also working on being more ball aware of different situations and surroundings, but also playing team defense instead of individual defense," said Godsey.

Andover Boys Water Polo will host Deerfield on Saturday and Phillips Exeter Academy on Wednesday.

Henry Snow
Oct 28, 2022

Winter 2022 - 2023 Varsity Sports

- Boys Basketball 12-10-0
- Girls Basketball 15-11-0
- Boys Hockey 11-15-2
- Girls Hockey 24-3-1
- Nordic
- Boys Squash 14-2
- Girls Squash 9-4
 - NEISA Champions
- Boys Swim & Dive 6-0
 - Eastern Champions
 - NE Division 1 Champions
- Girls Swim & Dive 5-0-1
- Indoor Track
- Wrestling 9-3

Boys Varsity Basketball

2022-2023

Head Coach: Terrell Ivory

Assistant Coaches: Dan Schneider & Tom Palleschi

Captains: Colby J. Duggan

Managers: Layelle Abou-Ezzi '24, Ruby Flaherty '23, Jaedyn K. Ford '24,
Caroline McGirt '23, Bryce Waweru '24

Overall Season Record

Win	Loss	Tie
12	10	0

Letter Winners: Keenan J. Sparks, Dylan A. Bronner, Diego L. Velez, Colby J. Duggan, Kenneth M. Edwards, Xavier A. Abreu, Robert O. Nyamwaya, Christopher M. Rey, Simon J. Kane, Isaiah V. Harris, Whyett E. Benn, Olilanya S. Ogueri, Isaac H. Lamson, Nathan B. Bechard, Luke G. Gallo, Layelle Abou-Ezzi, Ruby Flaherty, Jaedyn K Ford, Caroline McGirt, & Bryce Waweru

Award Winner: ROBERT L. WURSTER BASKETBALL TROPHY - Colby J. Duggan

Boys Varsity Basketball

2022-2023 Schedule and Results

Sun	12/04/2022	Basketball BV	Zero Gravity playing KO	A	2:15 PM	66-73		L
Wed	12/07/2022	Basketball BV	Holderness	H	3:00 PM	77-48	W	
Sun	12/11/2022	Basketball BV	Roundball Classic Millbrook	A	3:30 PM	56-65		L
Wed	12/14/2022	Basketball BV	Hall of Fame playing Suffield	A	4:00 PM	68-58	W	
Fri	12/16/2022	Basketball BV	Hall of Fame playing Newman School	A	6:00 PM	84-78	W	
Sat	01/07/2023	Basketball BV	Choate	A	3:15 PM	60-63		L
Tue	01/12/2023	Basketball BV	Brooks	A	4:45 PM	60-73		L
Wed	01/11/2023	Basketball BV	Worcester	H	4:00 PM	50-80		L
Sat	01/14/2023	Basketball BV	Tabor	H	5:00 PM	88-80	W	
Wed	01/18/2023	Basketball BV	Dexter Southfield School	H	5:00 PM	73-72	W	
Sat	01/21/2023	Basketball BV	Deerfield	A	4:00 PM	71-67	W	
Wed	01/25/2023	Basketball BV	Milton	A	3:30 PM	cancelled		
Fri	01/27/2023	Basketball BV	Loomis	A	6:30 PM	62-62		L
Sat	01/28/2023	Basketball BV	Noble & Greenough	H	3:00 PM	64-48	W	
Wed	02/01/2023	Basketball BV	Tilton	H	4:30 PM	62-48	W	
Fri	02/03/2023	Basketball BV	Thayer	A	5:15 PM	64-41	W	
Sat	02/04/2023	Basketball BV	St. Sebastian's	H	4:30 PM	65-68		L
Wed	02/08/2023	Basketball BV	Austin Prep	A	5:00 PM	71-61	W	
Sat	02/11/2023	Basketball BV	Williston	H	2:00 PM	58-62		L
Wed	02/15/2023	Basketball BV	St. Paul's	H	4:45 PM	68-62	W	
Sat	02/18/2023	Basketball BV	Belmont Hill	A	3:00 PM	67-53	W	
Wed	02/22/2023	Basketball BV	Deerfield	H	4:30 PM	45-66		L
Sat	02/25/2023	Basketball BV	Exeter	A	3:30 PM	55-56		L



Phillips Academy Boys Varsity Basketball 2022-23

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Pos.</u>	<u>Hgt.</u>	<u>Hometown</u>
0	Keenan J. Sparks	2024	G	6	Bethel, ME
3	Dylan A. Bronner	2023	G	6-5	Washington, DC
4	Diego L. Velez	2024	G	5-9	Irvington, NY
10	Colby J. Duggan*	2023	G/F	6-7	Monson, MA
11	Kenneth M. Edwards	2023	G	6-2	Rochester, NY
12	Xavier A. Abreu	2025	G	6	Lynn, MA
13	Robert O. Nyamwaya	2024	F	6-4	Andover, MA
15	Christopher M. Rey	2023	G/F	6-7	Wellesley, MA
20	Simon J. Kane	2023	G	6	Andover, MA
23	Isaiah V. Harris	2024	G	6-2	Copiague, NY
33	Whyett E. Benn	2024	F	6-5	Flower Mound, TX
35	Olilanya S. Ogueri	2025	G	6-2	Providence, RI
41	Isaac H. Lamson	2024	G	6	Stow, MA
50	Nathan B. Bechard	2024	G	6-1	Andover, MA
55/5	Luke G. Gallo	2025	G	5-9	Shrewsbury, MA

* Captain

Coaches: Terrell Ivory, Dan Schneider, and Tom Palleschi

Managers: Layelle Abou-Ezzi '24, Ruby Flaherty '23, Jaedyn K. Ford '24,
Caroline McGirt '23, Bryce Waweru '24

Boys Varsity Basketball

In the News

Boys Basketball Falls Short in Season Opener, Rebounds with Win



Andover Boys Basketball fell short 66-73 in its first game of the season against Kingswood Oxford. The team came back in its home opener against Holderness, ultimately winning 77-48. Andover's record now stands at 1-1.

Captain Colby Duggan '23 described how the team picked up its energy and mobilized its defense to slow down Kingswood Oxford after Andover ended the first quarter down by 15 points. According to Duggan, the team can improve in multiple facets of its game.

"We lost 73-66, but the game didn't go too bad. We started slow, but we were able to fight back into it. We led with a couple minutes left, but ultimately didn't go our way... We can get better in a lot of places, but we moved the ball well. We played good defense, but I think we can always be better on defense. We can be better at rebounding," said Duggan.

On Wednesday, Andover welcomed Holderness for its home opener. According to Isaiah Harris '24, the team focused on its defensive game and saw

contributions from everyone on the team.

Harris said, "As a team, we played pretty well. Everyone contributed, off the bench, too. We worked on a lot of things from the game on Sunday defensive-wise, and we really picked that up this game... We talked and communicated a lot more. On cuts and things like that. We [did] switches and stuff like that off screens. It was good communication."

Robbie Nyamwaya '24 credited Andover's success against Holderness to addressing issues from its game against Kingswood Oxford.

Nyamwaya said, "On both sides of the ball, there was a lot of energy. We focused on some of the little stuff that we had been focusing on in practice, and I think that played a big role. Just communicating, making sure we were in the right positions when we're off the ball. Executing the plays, stuff like that."

Andover's win against Holderness also provided an opportunity for players coming off the bench to excel, according to Dylan Bronner PG'23. Bronner credited his teammates for maintaining composure throughout the game despite the high pace.



"I think offensively, we moved the ball really well, communicated really well in defense. And I think our bench players executed the plays and defensive sets really well. Again, given a lot of them don't get a lot of in-game reps... [we] started just going up early, and just staying disciplined even though we played a weaker team," said Bronner.

According to Bronner, certain individual performances played a large part in the team's success. Bronner highlighted Nyamwaya's strength in the post and his ability to perform set plays.

Bronner said, "Some players exceeded [expectations] for sure. Robbie stepped up big time today, especially as a player who didn't get a lot of minutes last year. Stepping into a bigger role this year, I think this was definitely a big confidence booster for him... Robbie being one of our dominant big scorers, he just kind of exposed that by executing a lot of our post plays for him, making a lot of good cuts and reads and rebounding the ball."

Although Andover found success against Holderness, Nyamwaya believes that there is still room for the team to improve, such as maintaining possession and not fouling too often. Nyamwaya emphasized the importance of maintaining composure when games get intense.

"I think we can work on just playing less out of control. Sometimes, we have a little too much energy, and it's easy to make mistakes that way. It's easy to foul or maybe turn the ball over. So I think we need to learn how to play with energy but also play composed and in control... I think we're doing well playing fast paced. I think we really want to get the ball out and run and get layups, easy layups. So I think we're trying to focus on that. We're doing pretty well, and we're trying to continue to do that," said Nyamwaya.

Andover Boys Basketball will play Millbrook away on Sunday.

After Weekend Loss, Boys Varsity Basketball Secures a Win



After a tough 65-56 loss this Saturday against Millbrook, Boys Basketball increased its motivation going into its Wednesday game. The team battled for a 58-48 win against Suffield Academy.

Despite the loss on Saturday, Head Coach Terell Ivory '00 mentioned the partial success that the team had on offense. Nonetheless, Ivory noted that their offensive efforts were not backed by a strong defensive presence, thus bringing the team to face a loss.

"I think we did okay offensively. We did a pretty good job of moving the ball and sharing the ball. Defensively, we really struggled. We tried to

speed up the other team and pressure the ball and we did that a little bit. In basketball, the person guarding the ball has to do a good job, but the people off the ball have to be able to guard the person they are guarding and see the ball and help," said Ivory.

Robbie Nyamwaya '24 highlighted the team's persistence throughout the challenging moments in the game against Millbrook. Nyamwaya believes that despite the team's struggles, it continued to put full effort into each minute of the game.

Nyamwaya said, "I think we definitely dealt with adversity well. There were times where the other team was leading or we were kind of down, but we still fought our way back into the game. We kept it a close game until the end."

Similarly to Nyamwaya, Captain Colby Duggan '23 emphasized the team's efforts throughout its Saturday game. However, he added that the team's shooting efforts can be improved throughout the season.

Duggan said, "I think we played really hard, we didn't necessarily make shots that we should have, but I think we played really hard and worked really hard. We didn't win, but I think we can be proud of our effort, but there's a lot to improve on."

Luke Gallo '25 highlighted the chemistry the team had during Wednesday's game against Suffield, which helped gain the win. To prepare for the game, the team studied the opponent's tactics in order to plan the best approaches.

Gallo said, "Our strength was that we played very hard with very good effort. We're definitely growing as a team and have good energy. We went through a lot of film and studied the other team's habits. We were playing hard in practice and practicing defense against their plays and practicing offense against their defense, so we felt prepared."

Andover Boys Basketball will face The Newman School at the BasketBull Hoopfest on Friday.

Meg Stineman
Dec 15, 2022

Boys Basketball Dedicates Victories over Dexter and Tabor to Cancer Awareness Month



During the first half of Wednesday's game, KJ Edwards PG '23 received an outlet pass, following up with a dunk that drove the team's momentum in the first half of its game against Dexter Southfield. Andover ended up on top, 71-70, making it the team's second win of the new year after winning against Tabor Academy on Saturday, 88-80. The team's record now stands at 5-5.

Playing in honor of Cancer Awareness, the team supported the cause by wearing shirts that said "Andover Fights Cancer." According to Dylan

Bronner PG '23, coordinated offensive plays and vigorous defense contributed to the game's outcome.

Bronner said, "I think we did better offensively, but we still did play really good defense throughout the majority of the game, because we went up early and maintained the lead for the entire game. We almost let it go a little bit at the end. We gave up some easy threes when they started to make a small comeback, but I think offensively... our plays ran well... Closing out games is a problem we've had all season, so I think going into this week, we're just going to be trying to go up early and close it out."

Against Dexter, the intensity of the game was unwavering in the first half after Edwards' dunk. But after half-time, Dexter quickly got back into the game and Andover fought to hold on to its lead.

Edwards said, "I was getting the offense going, but just comparing it to Saturday's game, I'd definitely say that we played better on Saturday... We started to gain a bit of momentum after that play and we were able to pick it up, but it slowly died after, which is unfortunate."

On Wednesday, with only 30 seconds remaining, Dexter was able to tighten the gap from a six point game to just one, quickly gaining on Andover. According to Isaiah Harris '24, the team hopes to keep momentum going by holding onto its leads throughout the rest of the season.

"Coach [Terrell Ivory '00] stresses [finishing strong] a lot. I guess, keeping our foot on the gas and just maintaining that lead and applying pressure to the other team. I'd say for a lot of our games we're getting too comfortable near the end, especially when we're up by a lot. Like I said before, just keeping our foot on the pedal and just closing the game out [is important]," said Harris.

Captain Colby Duggan '23 put up a stellar performance against Tabor after not playing against Brooks due to health concerns, according to Bronner. He stressed Duggan's skills in creating space and dominating offensively.

Bronner said, "It was Colby's first game back because he's been sick for a little while. And he was kind of like the light of our offense. He was really dominant inside and not having a big man these past two weeks has been rough. Having him back just opened up the floor for everybody else. He was making a bunch of good reads, getting busy in the paint, and getting buckets."

In the upcoming games, Bronner hopes that the team can hold its momentum until the end of the game, as well as implement more offensive plays.

"A couple games we've lost were games we were winning at a point and definitely games that could've been won if we held on at the end. I think going into this week, we have a game tomorrow and Saturday is just going to be trying to go up early and close it out," said Bronner.

Andover plays Deerfield Academy this Saturday.

Maddie Redmond

Inem Anako

Jan 20, 2023

Boys Basketball Wins Against Tilton and Nobles, Loses Thriller Against Loomis



After falling behind early against Tilton Academy, Andover Boys Basketball came back and ultimately earned a comfortable 62-48 victory on Wednesday. This was Andover's second win of the week, after defeating Noble & Greenough (Nobles), 64-48, on Saturday, and barely falling short against Loomis Chaffee (Loomis), 62-65, on Friday. The team's record now stands at 8-6.

Following a hot start from Tilton, Andover managed to cool down its opponents and took a small lead into half time. The team dominated the second half, securing the win in the end, according to Dylan Bronner '23.

"Towards the beginning, they went up early. They were hitting a lot of shots and we were down by ten or 15, really early, in the first four to five minutes. Pretty much, we've been talking about, in the face of adversity and kind of battling through that. Coach called a timeout and talked about that and we got back in the game, in the following two to three minutes and then by half time I think we were up by one or two. We fought back in the game and without that I don't think we would've had a chance at half time," said Bronner.

Once the momentum of the game picked up, the environment of the gym went with it. According to Co-Captain Colby Duggan '23, the energy from the crowd was part of the reason that the team went on a roll following its slow start.

"I'd say that when we were down, it was pretty quiet. We didn't have a ton of energy, but once we picked it up the atmosphere rose with the team and we were able to propel past," said Duggan.

Bronner mentioned that feedback coming from the bench was equally as effective. Players on the sideline helped out those on the court throughout the game, sharing their advice on how to approach Tilton.

"It was fun, a lot of students came out, it was nice having that atmosphere on our side. Then also the energy from our bench was really nice. We had a couple players out sick today, but they still were supportive from the bench as we came out of the game and talked to us on the bench about what's going on and what they saw," said Bronner.

According to Whyett Benn '24, the team now focuses their practices to deal with Thayer Academy and St. Sebastian's in upcoming matches.

"We did again, go over a couple different plays and also watched film. Our next games coming [up] are going to be tough though, there are a lot of good teams coming up," said Benn.

Looking ahead, Bronner hopes that the team will be able to utilize some plays it has gone over in practice. While unable to utilize them against Tilton, Bronner thinks that these plays could prove to be the difference in some of the upcoming games.

“Running our stuff. [Tilton] played a lot of zone [defense] today, so we didn’t get a chance to run a lot of plays we worked on...some of the plays we had run in the past week after the Loomis loss, but just running our stuff and getting in man-to-man as opposed to playing in zone like we did today. And the teams we played Friday and Saturday were both doing a lot of man-to-man, so just kind of working on the place you’re set up,” said Bronner.

Andover plays away at Thayer on Friday, and at home against St. Sebastian’s on Saturday.

Inem Anako

Feb 3, 2023

Boys Basketball Wins Two, Suffers Close Loss to Number One Team in the NEPSAC Independent School League



Andover Boys Basketball kicked off a packed game week with a 23-point win over Thayer, ending with a final score of 64-41. Following Friday’s game, Andover fell short 65-68 to St. Sebastian’s (St. Seb’s), who came into the game with an 11-0 record. On Wednesday, the team won 71-61 to Austin Preparatory School (Austin Prep), propelling the team to an overall 10-7 record.

In preparation for the back-to-back games on Friday and Saturday, Coach Terrell Ivory ’00 mentioned how he chose to have the team prepare for the hardest game it would have to play. With no opportunity to meet or practice in person between the games, the team was forced to be ready for any unexpected

challenges against Thayer and St. Seb’s.

“What we did [in preparation for back-to-back games] was, in practice, we didn’t do as much playing against one another, what I call ‘live stuff,’ but we did a lot of shooting, skill work, and working on techniques. We also basically prepared for both teams knowing that St. Seb’s is one of the best teams and Thayer, they’re struggling a little bit, so I felt like if we prepared for St. Seb’s then that would prepare us for Thayer... You got to use a little bit of strategy when that situation happens,” said Ivory.

According to Captain Colby Duggan ’23, the team understood that the game against Thayer would not pose a hard challenge, so the goal was to maintain focus throughout the entirety of Friday’s game. At times, however, Duggan noticed that the team got distracted, causing the quality of play to decline.



“Friday, coming out, we knew that Thayer wasn’t necessarily as strong of a team, but I think our main goal preparing for the game was staying focused on what we do well. We executed our stuff pretty well, but at times we got a little side tracked and played down to the competition. We still won pretty easily, but just staying focused on our goals is important,” said Duggan.

Following its Thayer game, the team faced St. Seb’s, who holds an undefeated record and number one position in the New England Preparatory Athletic Council (NEPSAC) Independent School League. Despite the team’s resulting loss, Ivory was impressed by how the team stepped up to the competition.

“You either win or you lose, but what I do like is that we played hard, and our

effort was good, and we competed. There’s been games this season that we’ve won, but I wasn’t satisfied with how hard we played... Winning matters a lot, but I think our effort and how we compete is more important to me. I still feel good about the way we competed. It tells us a lot about who we can beat, what our potential is, and how good we can be if we continue to play with that same method,” said Ivory.

On Wednesday, the team was back on the road against Austin Prep. Keenan Sparks ’24 noted that although they were down in the first half, teammates were able to lift each other up, ultimately leading to a strong win.

“Whether it was [making] a mistake, just encouraging our teammates, and especially on the bench too, they did a good job of encouraging us. That’s really what helped or just shifted the momentum, going into the second half and playing a lot better and gaining the lead and ending up winning. There’s a lot of encouragement, which is good. I think we did a good job of attacking the basket and throwing the ball inside to the bigger guys, so they can score,” Sparks said.

He shouted out Colby Duggan ’23 and Robbie Nyamwaya ’24, the team’s “biggs,” explaining, “They used their size advantage, and then they got a lot of easy buckets in the post.”

Andover Boys Basketball will play at home on Saturday against Williston and against St. Paul’s on Wednesday.

Angie Lucia

Feb 10, 2023

Following Loss, Boys Basketball Gains Big Win Over St. Paul's



Last Saturday, Captain Colby Duggan '23 threw down a dunk, tightening the gap between Andover Boys Basketball and Williston Northampton. The team ended up losing the game 58-62, but managed a victory against St. Paul's on Wednesday. Andover's record now stands at 11-8.

According to Isaiah Harris '24, Duggan's dunk motivated the team and boosted their energy during an important stretch of the game.

"I think it was a simple play for him. We call it 'mizzou' where he just comes off the screen and then he slips. It's pretty much a play designed for

him and then it led to the dunk. That was a big momentum changer for us because I think we were down at that moment," said Harris.

Despite the energy in the building, Andover's downfall during the game was getting off to a slow start, according to Harris. While the team was much improved in the second half, it proved to be too little too late.

"I'd say for the most part it was pretty good up until the beginning of the second half. We came off pretty lethargic, it was pretty lackadaisical and I think that affected us a lot," said Harris.

In the win against St. Paul's, Andover had a much stronger start to the game and held a lead going into the last minutes of the game. Despite this, Dylan Bronner '23 said that the team performed at its best during the crucial moments of the game, the latter minutes of the game.

"I think finishing out the game [is important]. We were up and we kind of started to give it away, but we stayed solid and ended up winning. I think we did a great job maintaining our lead during the last couple minutes of the game," said Bronner.



According to Harris, there is still plenty of room for improvement on the offensive end of the floor. He feels that the key to success for the team is through movement both with and without the ball.

Harris said, "I'd say offensively for sure [we need to improve], just moving the ball and making the right cuts. [Head Coach Terrell Ivory '00] also implemented a few new plays that we executed very well. On the defensive end, I'd say we have to work a lot harder on forcing our man to the baseline and not letting them go middle and also not leaving

shooters open."

Coming up on its final three games of the season, Bronner is confident that Andover will close out the season in a positive way.

"It was really great. This was a big game against a school we needed to beat. Going through this long-end stretch of a season. We only got a couple games left and this is win number one," said Bronner.

Andover will play against Belmont Hill on Saturday and Deerfield on Wednesday.

Inem Anako
Feb 17, 2023

Girls Varsity Basketball

2022-23

Head Coach: Elizabeth Monroe

Assistant Coaches: Chris Jones & Eyandra Molina

Captain: Kennedy Herndon, Hope E. Nardone, & Kiley K. Buckley

Managers: Kianna Jean-Francois, Aleena Kibria,
Prince G. LaPaz, & Pema C. Sherpa

Overall Season Record

Win	Loss	Tie
15	11	

2023 Groton Tourney Champions

Letter Winners: Kennedy Herndon, Valerie Y. Ha, Leila N. Boesch-Powers, Brooke O. Hannan, Hope E. Nardone, Ava B. Davey, Ruby S. Kokinos, Akari Imai, Sophie N. Dandawa, Dylan E. Kayser, Kiley K. Buckley, Elise Minor, Emerson H. Buckley, Talia D. Ivory, Kianna Jean-Francois, Aleena Kibria, Prince G. LaPaz, & Pema C. Sherpa

Award Winner:

ROBERT L. WURSTER BASKETBALL TROPHY- Kennedy Herndon

Girls Varsity Basketball

2022-23 Schedule and Results

Sat	12/03/2022	Basketball GV	Pomfret	H	4:00 PM	74-21	W		Memorial Gym, Andover
Wed	12/07/2022	Basketball GV	Worcester	H	4:45 PM	48-57		L	Memorial Gym, Andover
Sat	12/10/2022	Basketball GV	Loomis	A	4:00 PM	49-74		L	
Wed	12/14/2022	Basketball GV	St. George's	A	4:00 PM	44-51		L	
Fri	12/16/2022	Basketball GV	Groton Tourney Groton	A	7:00 PM	87-52	W		at Groton
Fri	12/16/2022	Basketball GV	Groton Tourney P Abbey	A	4:00 PM	58-48	W		at Groton
Sat	12/17/2022	Basketball GV	Groton Tourney	A	9:00 AM	59-55	W		
Sat	01/07/2023	Basketball GV	Choate	A	5:15 PM	62-66		L	
Wed	01/11/2023	Basketball GV	Brewster Academy	H	2:30 PM	61-39	W		Memorial Gym, Andover
Fri	01/13/2023	Basketball GV	Governor's Academy	A	5:30 PM	67-44	W		
Sat	01/14/2023	Basketball GV	Milton	H	2:00 PM	72-39	W		Memorial Gym, Andover
Wed	01/18/2023	Basketball GV	Thayer	A	5:00 PM	48-64		L	
Sat	01/21/2023	Basketball GV	Deerfield	A	2:45 PM	66-30	W		
Wed	01/25/2023	Basketball GV	St. Paul's	A	3:30 PM	60-64		L	
Sat	01/28/2023	Basketball GV	K.U.A.	A	4:15 PM	70-41	W		
Wed	02/01/2023	Basketball GV	Brooks	H	2:45 PM	57-71		L	Memorial Gym, Andover
Sat	02/04/2023	Basketball GV	Middlesex	A	3:00 PM	66-51	W		
Wed	02/08/2023	Basketball GV	Austin Prep	H	5:00 PM	77-36	W		Memorial Gym, Andover
Fri	02/10/2023	Basketball GV	Dexter Southfield School	H	5:30 PM	56-78		L	Memorial Gym, Andover
Sat	02/11/2023	Basketball GV	Pingree	A	3:15 PM	60-57	W		
Wed	02/15/2023	Basketball GV	B. B. & N.	A	4:45 PM	58-37	W		
Sat	02/18/2023	Basketball GV	NE8	A	1:30 PM	57-45/ 40-77	W	L	at Drf
Wed	02/22/2023	Basketball GV	Holderness	H	3:00 PM	71-77		L	Memorial Gym, Andover
Sat	02/25/2023	Basketball GV	Exeter	A	1:30 PM	42-39	W		
Wed	03/01/2023	Basketball GV	TOURNAMEN T Kent	A	3:30 PM			L	



Phillips Academy Girls Varsity Basketball 2022-23

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Pos.</u>	<u>Hometown</u>
0	Kennedy Herndon *	2023	G	Minneapolis, MN
1	Valerie Y. Ha	2024	G	Hong Kong, CN
4	Leila N. Boesch-Powers	2024	F	Cambridge, MA
5	Brooke O. Hannan	2023	G	North Reading, MA
10	Hope E. Nardone *	2023	G	Lynnfield, MA
11	Ava B. Davey	2025	G	Andover, MA
12	Ruby S. Kokinos	2026	G	Arlington, MA
14	Akari Imai	2025	G	Singapore, CN
15	Sophie N. Dandawa	2025	G	Derry, NH
20	Dylan E. Kayser	2023	G	Corte Madera, CA
22	Kiley K. Buckley *	2023	F	Methuen, MA
24	Elise Minor	2024	G	North Andover, MA
25	Emerson H. Buckley	2025	G	Methuen, MA
32	Talia D. Ivory	2025	F	Charlotte, NC

*Captain

Head Coach: Elizabeth Monroe
Assistant Coaches: Chris Jones & Eyandra Molina

Managers: Kianna Jean-Francois '23, Aleena Kibria '23,
Prince G. LaPaz '24, & Pema C. Sherpa '23

Girls Varsity Basketball

In the News

Girls Basketball Wins by 53 Points in Season Opener



Andover Girls Basketball opened its season with a dominant 74-21 victory over Pomfret School on Saturday. In addition to surpassing 70 points, the team showcased an impenetrable defense, only allowing Pomfret to score nine points up until the final five minutes of the game.

Four days later, however, the team lost by a margin of nine points to Worcester Academy, putting its record at 1-1.

The team entered Saturday's matchup eager to continue its three-year win streak against Pomfret. Although confident, the team never underestimated its opponent, maintaining high quality play throughout the game, according

to Head Coach Liz Monroe.

"We went out there and played our game. We didn't slow down to Pomfret's speed, we didn't play down to them. We were definitely the more skilled team out there, and we went out there and played like it. That sounds simple but it's not always easy to do," said Monroe.

By the middle of the second quarter, the team had already pulled away by 35 points, while only giving up one point to Pomfret. Ava Davey '25 reflected on the team's efforts in building a strong defensive foundation for its season opener.

"We have been working really hard in practice on our full-court press and defense. This is what prepared us for that game. Everyone works so hard at practice and puts their full effort in. We all got to the gym super early and shot around together before we warmed up, and it got everyone in the zone and ready to play," wrote Davey in an email to *The Phillipian*.

Saturday's game featured the team's entire roster, where all members of the starting lineup and bench were given playing time. Monroe emphasized the importance of increasing the pace of play for future games, which is dependent on the team's chemistry.

"We're really focusing on creating an identity for ourselves this year that's about lots of pressure, fast pace transition, and kind of speeding up our game a little bit. And trying to go out there and set the tone for that this season," said Monroe.

In the final five minutes, a three-pointer from Davey put the team above 70-points. She noted two of the team's Co-Captains taking charge against Pomfret, allowing the team to capitalize on its offensive opportunities.



"Two people that played really well today were [Co-Captain] Hope Nardone ['23] and [Co-Captain] Kiley Buckley ['23]. Hope's 3-pointers were on point while playing Pomfret, and she had a ton of layups in the paint. Kiley also played very well. She played aggressive defense and hustled the entire game," wrote Davey.

Immediately after Saturday's win, the team shifted its focus towards its matchup against Worcester. Worcester's reliance on high defensive pressure forced the team to develop counter-strategies, which Monroe spoke on prior to the game.

"I mean we know that it's going to be a much tougher team, and I think what we are working on is trying to slow them down a little bit. We know they like to push the ball. We know they like to run the court, so [making] sure that we are pressuring them, trying to protect the paint and make sure they don't get those easy points, [and making] sure that we are being aggressive on offense. They always play with a lot of pressure, [so we want to] make sure that we are really focused on attacking the basket," said Monroe.

The team trailed Worcester by less than ten points for the entirety of Wednesday's game. Although ultimately unable to overcome the deficit, the team found positive takeaways from both sides of the ball, according to Emerson Buckley '25.

"Offensively, I think we really capitalized on our chances and stuff like that. I think we definitely think we finished when we needed to, which was really big since it was tough to get chances off of their defense. Defensively, I think we played great. We limited them to a lot of drives and stuff like that, and they barely hit any threes. I would say we really put a lot of good pressure on them. If anything, we could have just limited their second-chance shots," said Buckley.

Girls Basketball will play at Loomis Chaffee this Saturday and St. George's on Wednesday.

Andover Girls Basketball Falls to Loomis Chaffee and St. George's

With consecutive away games on Saturday and Wednesday, Andover Girls Basketball faced Loomis Chaffee and St. Georges, losing 74-49 and 51-44. Its record now stands at 1-3.

Loomis, the 2020-2021 NEPSAC Class A Champions, proved to be a tough opponent, according to Co-Captain Kiley Buckley '23. She noted that the game highlighted areas that the team can work on throughout the season.

"I think going into the game we knew it was going to be a tough game because they have a lot of good players and we've played them in the past and they've been tough games. I think the game definitely didn't go our way just because they are a really talented team, but we also didn't come out as good as we could have, or as good as we have in previous games, so I think it just showed us a lot of things that we can work on," said Kiley Buckley.

The lack of energy was another reason Andover could not generate scoring, according to Leila Boesch-Powers '24. She added that the team hopes to work on consistency throughout future games.

"I think that the reason, or part of the reason that we didn't come away from Loomis with a win is partly because once they started scoring baskets, we got in a funk and started playing a little more sloppily than normal. I think going into Wednesday's game and all future games after that, we're going to really try to keep the same intensity throughout, even while we're playing very talented and tall teams," Boesch-Powers said.

The team was able to regroup in the last minutes of the game, but the deficit was too large at that point to come back from, revealed Buckley.

Buckley said, "Towards the end of the game we just kind of started to calm down a little bit and move the ball around, and just get good shots and at that point we knew that it wasn't going to be the best game. So just kind of turning the game around and working on what we could have been [and] what we needed to work on."

Boesch-Powers believes that the returners' familiarity with the team's composure and skillset has translated into strong chemistry. Practices were directed towards establishing good defense and communication.

"It's a very high returner team, there's a lot of returners, so I think a lot of the stuff we don't have to relearn from last year, so it comes a lot more naturally. I would say we've been focusing a lot [on defense] in practice [and it] has gotten a lot better. It is one of our strengths, because we're kind of comfortable with it, getting in to help defense...while we struggled with it last year, this year it has been a lot more natural and useful [and] we used it a lot more... I think the team's bond is really good, because as I was saying, most people are returners, and even with the new people, everyone's pretty close and communicating," said Boesch-Powers.

Despite the team's practice efforts, its defensive struggles continued on Wednesday at St. Georges as players struggled with rebounding, according to Emerson Buckley '25.

"I think we worked a lot on defense, which I think we executed well during the game. I think we just let them get too many second chances with rebounding, but overall we kept them from shooting outside the three which was what they [wanted] to do. [We] held them to a lot of drives and I think [if] we [had] just [cleaned] up our rebounding which could've cut off a lot of the points they scored," said Emerson Buckley.

The team will jumpstart the defense, particularly focusing on rebounding for the season. Emerson Buckley hopes that the team can bounce back in their upcoming tournament.

Emerson Buckley said, "I think we're working on, once again, rebounding, but also our press. Our press did work but we need to get more steals out of it, which would obviously help us get some points on them."

Andover Girls Basketball will play at the Lawrence Academy Holiday Tournament at Groton this Friday and Saturday.

Evie Wood
Dec 15, 2022

After Defeat against Choate in Double-Overtime, Girls Basketball Dominates Brunswick



After taking Choate all the way to double-overtime this past Saturday, Girls Basketball fell short, ending 66-62. Andover then faced Brunswick on Wednesday, securing a 61-39 victory, respectively. Now its record stands at 5-4.

After a close game against Choate, the team hoped to defeat Brunswick. Akari Imai '25 commented on how the team implemented skills, such as

defending screens and moving intentionally on defense, that they had done in practice in the game. Imai said, "We've worked a lot in practice on our defense and communication, so that really played a big part because we started out strong. We came with a lot of energy. We did everything we learned in practice and we applied it to our game, and we started off with a bang and especially because it was a home game [back from break], and we had all our fans. It was great and I think we improved a lot as a team and I think we were able to do things better than previous games."

Attacking the basket and communicating on defense helped Andover comeback against Choate, according to Talia Ivory '25. Ivory valued everyone's effort and competitive nature.

"A definite highlight was coming back from a rather rough first half and getting to double overtime. Even if we didn't win, everybody worked really hard and driving to the basket and talking on defense really helped a lot," said Ivory.

Sharing a similar sentiment to Ivory, Emerson Buckley '25 complimented the team for making up for its lack of intensity in the first quarter of its game against Choate. After a thrilling second quarter, the team was able to take Choate all the way through double overtime. In comparison to Wednesday's game, Andover started with the momentum they lacked against Choate.

Buckley said, "I think we had a tough first quarter. Definitely going into the second half and going into the overtimes, we were definitely feeling a lot of adrenaline, very pumped up about the game. We had a really good comeback."

Imai commented on the lack of intensity in the beginning of the Choate game compared to Brunswick. At Choate, Andover started with low energy, giving their opponent the early lead according to Imai.

"Mental toughness wise, in our Choate game we started out slow so we were down by a bit, but towards the end we played two overtimes so we got our energy back, but I feel like in this game [Brunswick] we were able to start off strong," said Imai.

In an email to *The Phillipian*, Head Coach Liz Monroe shared her expectations for the team. She hopes that the team can continue collaborating and showing their commitment and strength in games.

"[I look for] consistency and focus. We are a talented team and are competitive with any other team out there, but we need to make sure that our heads are 100 percent in the game and with each other," wrote Coach Monroe.

Andover will travel to Governor's Academy this Friday and host Milton on Saturday.

Eva Murphy
Jan 13, 2023

Girls Basketball Three-Game Win Streak Snapped by Thayer

Playing back-to-back games over the weekend, Andover Girls Basketball extended its win streak to three games, beating both Governor's and Milton by more than 20 points. However, the team fell to Thayer on Wednesday, putting its record at 7-5.

Both Andover and Governor's entered Friday's matchup with a 5-4 record. Despite winning 67-44, Andover expected a closer game, according to Elise Minor '24.

"We went into the game knowing that they were a good team, and we didn't really expect to win by as much as we did. I feel like we started off really strong and whenever we start off strong and we get our energy going and our momentum going, then we really get into our hooping mojo," said Minor.

The team's initial burst of energy was reflected on the scoreboard, starting the second half with a lead of 42-19. Minor continued, highlighting the team's upbeat energy and resistant defense.

"I think [the hooping mojo was] what helped us with really keeping our energy up, working hard, and playing good defense. Because in practice, we practice a lot of rebounding drills and defensive drills. I think that's what wins our games," continued Minor.

The momentum against Governor's carried over to Saturday's matchup against Milton. On top of the 72-39 win, the team doubled the number of rebounds and quadrupled the number of steals that Milton had. Ruby Kokinos '26 reflected on the team's dominance throughout the weekend. "I think we did really well moving the ball and waiting for the right shot or the right move, instead of just throwing up threes or making sudden plays that weren't really getting the ball into the hoop. And also... the energy and sort of just staying focused the whole game," said Kokinos. Despite leading for the entire first half of Wednesday's game, the team fell 64-48 to Thayer. Although the team was unable to respond offensively, Co-Captain Kiley Buckley '23 still highlighted Sophie Dandawa '25's defense against Thayer's point guard, a Boston University commit. "I think the game as a whole was a little bit slow, even on both sides. I think defensively, we did a good job, stopping their main point guard. I think something that we could have done better that we need to work on is just helping defense and making sure that we're all communicating...And then we had somewhere where we weren't really as energetic or active," said Buckley. Though ultimately losing by a margin of 16 points, the team trailed Thayer by three or less points for the entirety of the third quarter. Kokinos hopes the team can improve on its stamina to overcome smaller deficits that are present late in the game. "A lot of the time has been starting out strong and coming out of the gate with a lot of energy. And we did that today. I think that it was just about keeping it up throughout the game...we really were neck and neck with Thayers the whole game except for in the very last bit," said Kokinos. Andover Girls Basketball will play Deerfield on Saturday and St. Paul's on Wednesday, both games on the road.

Monisha Kathika
Patricia Tran
Jan 20, 2023

Co-Captain Kiley Buckley '23, "Older Sister" to Girls Basketball



A first time All-Star for the New England Prep Schools Girls Basketball Coaches Association (NEPSGBCA) in the 2021-2022 season, teammates describe Kiley Buckley '23 as the "backbone" of Girls Basketball. Last season she averaged 12 points per game, ten rebounds, and two assists. Teammates recognize Buckley for her ability to "work the paint," bring the ball up the floor, and shoot effectively.

Buckley has played basketball for the past decade. She credits pushing herself through times of strife for her love of the sport. Buckley also cites team camaraderie and friendships as another motivation for pursuing basketball.

"My favorite aspect of basketball, I would say, is the teammates and friendships, but I also think being on the court with those teammates and friends and seeing success, as a team. Especially in close games and when you push it and then end up, being successful throughout the game and winning. But [I] like experiencing that with teammates," said Buckley.

Head Coach Elizabeth Monroe admired Buckley's physical strength and her ability to stabilize the team. Her nature of putting in maximum effort seems to inspire her teammates to strive for greatness, according to Monroe.

Monroe said, "Kiley, in so many ways, is the backbone of this team, and I think what Kiley does is so impressive to all of us, aside from jumping two feet, she always goes out there 110 percent, and that's something that the other players can really look up to."

According to Leila Boesch-Powers '24, Buckley's upbeat persona always brings out the team's energy. Boesch-Powers finds her youthful energy and communication crucial to the team's gametime preparations.

"I would say [that] Kiley is a very fun and humorous, energetic part of the team, both on and off the court. She always makes sure that everybody is included and is very vocal during practice, always encouraging the team. She ensures that we keep energy high, which is always very well-received and very respected. Both on and off the court up off the court as well. She's very responsible, making sure that everybody is [on] the bus on time and all that," said Boesch-Powers.

Akari Imai '26 commended Buckley's vocal leadership during practice. According to Imai, Buckley leads by example by providing a positive outlook during practices and encouraging her teammates.

"I think the biggest thing that, especially in practice, is how Kiley is really, really supportive of everyone. Whenever we're doing drills or scrimmages or something, she'll always be cheering you on and clapping for you, which I think is really positive as well," said Imai.

Buckley states that she values supporting her teammates, whether during drills or games. She hopes that her small gestures of encouragement help her teammates approach her, whether it be navigating basketball or school.

Buckley said, "Making sure that even if it's just a little bit of cheering, or even clapping... is making sure that they know that I support them and that they feel my support throughout the practices and games, but also on the bus or at school, or really anywhere, that's making sure that they know that I'm available for them and that I want them to succeed."

Co-captain Hope Nardone '23 has been playing with Buckley for three years. Seeing Buckley's growth, Nardone describes Buckley as a hard worker and an "older sister" to many players.

Nardone said, "Kylie has great energy. I think she's close with a lot of the players. She knows how to support people and also have a little bit of fun, which is important in a competitive sport. She's such a great athlete that she adds so much to our team and our team play. We're definitely lucky to have her as a collective. I feel like with Lowers, [Kiley is an] older sister to a lot of our players, which is nice, but I think she just kind of has a young, youthful energy. She's very respectful, but she's also well spoken. I feel like everyone kind of respects her."

Meg Stineman
Jan 27, 2023

Co-Captain Hope Nardone '23 Uses High Basketball IQ to Dominate on the Court



Averaging 16 points per game last season, Hope Nardone '23 has been a consistent scoring threat for Andover Girls Basketball. She was named a first time NEPSAC Girls Basketball All-Star and an All NEPSAC Honorable Mention in the 2021-2022 season. After Andover, Nardone will continue her career in basketball next year at Tufts University. Throughout the season, Nardone values maintaining an enthusiastic outlook during practices. With small gestures of encouragement, she

hopes to consistently heighten the team's energy.

"It's definitely hard during the winter season, which is a really long season. It's [also] cold and gloomy, so it can be hard to get our energy up. I think, as a captain, it's always important to go into every practice and game with as much energy as you can and communication and high-fives and supporting each other," said Nardone.

As a well-developed player, teammates can look up to Nardone as a role model, noted Co-Captain Kiley Buckley '23. She uses her understanding of basketball to vocalize areas of improvement to her teammates.

"I think Hope does a really good job of leading by example and also helping everyone else through her own knowledge of basketball, because...she does have a very high basketball IQ. She's also a very smart girl in general, so I think [she uses] her own knowledge to make us more aware of the game and just like helping everyone in general," said Buckley.

According to Head Coach Liz Monroe, Nardone is a consistent player on the court. Her poised nature allows her to stand out during challenging games. Coach Monroe values Hope's positive affirmations to help her teammates improve.

Coach Monroe said, "Hope is a very steady presence for us. She's very calm, very cool, very collected. Very little rattles her, and she's been really supportive of her teammates as they're growing and developing this year."

The success of a team, according to Nardone, is reliant on accountability. Nardone emphasized the importance of holding herself and her teammates accountable by balancing her roles as a strong leader and as a friend.

Nardone said, "I think accountability is a really big thing. A big value that's important to me, I think, [is] holding yourself accountable and also holding your teammates accountable, which is kind of hard to do, because you have to strike the balance of being a captain but also a friend and a supporter."

Buckley admires Nardone's considerate qualities as a team leader. After sharing the court for three years, she believes the captains have built a community on the team, both as a whole and amongst themselves.

"Throughout the years, [I have seen] how thoughtful of a person she is... Last year, we were both captains here. [I saw how] she brings that thoughtfulness and care into the way she leads teams, and I think that's really helpful to have as a team captain too, just knowing that you are like a team within a team, like the captains," said Buckley.

Meg Stineman
Jan 27, 2023

Girls Basketball Defeats Deerfield, Falls Short to St. Paul's



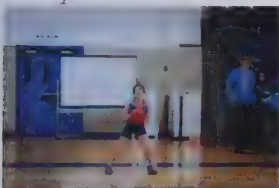
Despite struggling in the first half, Andover Girls Basketball left its game against Deerfield with a 66-30 win. Andover was unable to carry the momentum into its matchup against St. Paul's School, where the team fell short 60-64. Its record now stands at 8-6.

According to Akari Imai '25, the start of the game against Deerfield was not productive for the team. Nonetheless, the game quickly picked up in the second half after the team regrouped during halftime.

"Our weakness was not starting out strong and applying what we did in practice to the game from the very beginning. But our strength is that we were able to come back from that, especially after halftime, as we reflected on what didn't go that well in the first half. And we were able to come back strong and win the game, do things that are big things that we weren't doing quite well in the first half," said Imai.

Ava Davey '25 described the strategies the team employed. Prior to the Deerfield game, the team focused on offensive moves to maximize shots, which helped Andover maneuver past Deerfield's defensive structure.

"At practice, we have been working on our zone offense and moving the ball as quick as we can to shift the defense to get an open shot or drive. This helped a lot in the [Deerfield] game since they played a zone defense, and we came out with a great team win," wrote Davey in an email to *The Phillipian*.



Despite beating Deerfield by 36 points, the team still identified areas for improvement in its game. According to Emerson Buckley '25, the team's focus against St. Paul's was staying poised throughout the entire game and not making simple mistakes.

Buckley said, "After Deerfield, I think we're just trying to settle down a little bit because there were a lot of times that game where we had a lot of

turnovers or like, could have gotten steals that we didn't get. So I think it was big press for St. Paul's to just calm down a little bit. And, you know, just focus on the small things."

Davey also noted how the team's effective communication has helped its play on the court. The energy on the sidelines has also contributed to this recent improvement, according to Davey.

"We have many strengths as a team both mentally and physically. We played defense with a high intensity and on offense we moved the ball quickly to get open shots and drives. We all worked together very well, and we communicated well both on and off the court. Our energy from the bench also kept everyone focused, and it helped the players on the court keep their energy up," wrote Davey.

Buckley highlighted the performances of Sophie Dandawa '25 and Co-Captain Kennedy Herndon '23, despite Andover's defeat against St. Paul's.

Buckley said, "I think Sophie played really well. She had great defense against one of their ball handlers. She denied them, like the whole second half. So that was really good. [Also,] Kennedy did well offensively."

Falling down early against St. Paul's, the team is looking to come out strong and improve its play in the first half of the game, according to Buckley.

"I think [Coach] said that she wants us to just come out strong in the first quarter because that's really the quarter that hurt us because we were down on the first quarter and then close to the ending. What has been happening to us a lot, so I think we just need to come out strong on Saturday," said Buckley.

Girls Varsity Basketball will face Kimball Union Academy away this Saturday.

Meg Stineman
Jan 27, 2023

Girls Basketball Wins One, Loses One; Co-Captain Kennedy Herndon '23 Surpasses 1,000 Career Points



Andover Girls Basketball defeated Kimball Union Academy (KUA) 70-41 on Saturday, but followed up their win with a loss against Brooks on Wednesday. Its record now stands at 9-7.

On Saturday, Co-Captain Kennedy Herndon '23 surpassed 1,000 points in their Andover career, the second person to do so in Andover Girls Basketball history. Leila Boesch-Powers '24 applauded Herndon's constant determination and congratulated them for the milestone.

"I think one of the most exciting moments of this game was when one of our three captains, Kennedy Herndon, got a thousand points. It was in the second quarter, and we were all hopeful that [they] would get it, but it was still a special moment when [they] did get it because [they were] the first person [since]...1990 on the girls varsity basketball team to achieve this. So it was very cool. [They are] very hardworking and it was great to see [them] finally get there," said Boesch-Powers. Immediately after the one-thousandth point, team members awarded Herndon with a customized ball and posters on the court. Herndon described their initial reaction to the achievement.

"Scoring my one-thousandth point was a dream come true. I felt relieved once I hit the one thousand mark because it has been something I have wanted since the beginning of my basketball career," said Herndon.

Herndon went on to explain what the team did well and what it could have improved on in Saturday's game against KUA. The team succeeded in having a strong defense, according to Herndon.

"As a team, we were able to find the open player on offense, knock down open shots...steal the ball on defense. [On the other hand, in] the first quarter, rebounding was something that we could have done better," said Herndon.

Boesch-Powers highlighted Ava Davey '25 as a key player in Saturday's game. Davey's high energy throughout the game motivated other teammates, according to Boesch Powers.

"I'm going to give a shout-out to Ava Davey. Not only do I think she played super well, because she did get a bunch of clutch baskets and played really good defense, but she kept the energy up throughout the whole game. She was a really good teammate and kept everybody else hype and excited and contributed a lot to the final score, not only because she scored but because she kept everyone else engaged, excited, and having a good time," said Boesch-Powers.

Ruby Kokinos '26 described the atmosphere of Wednesday's game as full of excitement. After Herndon's 1000th point on Saturday, the team was excited to return to its home court to maintain that spirit.

"I'd say the atmosphere of the game was really exciting, especially among the team. Our captain Kennedy scored her 1,000 point on Saturday, and this was our first home game since then, so there was a lot of energy surrounding that. I think we also all knew that Brooks would be a good matchup, and so that also contributed to the energy," said Kokinos.

Though the team fell to Brooks, Kokinos believed her teammates performed well. Towards the end of the game, the quality of play declined, but everyone put forth their best efforts, according to Kokinos.

"Brooks is a good shooting team and I think that we were really holding out on defense against them, and even though towards the end things started to get a little bit messier from both teams, everyone put in a lot of effort and worked really hard," said Kokinos.

Andover Girls Basketball will be playing Middlesex on Saturday and Austin Preparatory School on Wednesday.

Sophia Cratty
Feb 3, 2023

Girls Basketball Rebounds from Loss, Kennedy Herndon '23 Breaks All-Time Scoring Record



After a 56-78 loss to Dexter Southfield on Friday, Andover Girls Basketball proceeded to win 60-57 over Pingree on Saturday and 58-37 over BB&N on Wednesday. Against BB&N, Co-Captain Kennedy Herndon '23 broke the team's all-time scoring record with 1,110 total career points, surpassing the previous record-holder Becky Dowling Calder '94.

Akari Imai '25 highlighted Kennedy Herndon '23 for their achievement, which was accomplished in only three seasons. Imai also emphasized the efforts of Valerie Ha '24 in the same game.

"A big shout out to Kennedy 'cause not only did [they] play well like always, [they] beat the school record. [They] also had good looks, especially to Kiley [Buckley '23], and this really cool pass to hope for a perfect layup. I think Valerie [Ha '24] played well as well because she had some really good drives and looks, but she also worked really hard on defense and her defense was really effective; she completely shut down their best player," wrote Imai in an email to *The Phillipian*.

Going into Saturday, the team understood that Pingree would likely pose a challenge. However, the team was able to bounce back after a slow start, according to Co-Captain Hope Nardone '23.

"So going into the Pingree game, we kind of knew that they were a good team and a lot of quick guards, and a lot of shooters. They're really well-coached. So we were expecting a close game, and it was a close game. Our first quarter we kind of came out slow and a little bit sloppy, but then we picked up in the second quarter after the rest of the game, but they did have some good players that were kind of hard shut down. But I think we all played really well together," said Nardone.

Imai described the team's struggles early in its matchup against Pingree. Nonetheless, players gradually increased the energy and ball movement, which greatly benefited the outcome of the game.

"I think the weakness against Pingree was how we started off, because we were messing up the fundamentals and just didn't have much energy to start off. However, I think we really pulled through after half-time and our strengths were especially our good defense as well as ball movement. It was a really hype game and we won by three points. It was actually so crazy," said Imai.

Nardone highlighted the team's ability to make small adjustments in the middle of play against Pingree. The team took full advantage of Pingree's weaknesses.

"We actually worked really well in transition, which is not something that we always do, but we ran well on this team and got rebounds and pushed the floor, which allowed us some easy points. We also just kind of recognized their weaknesses. They had a really hard time guarding Kiley [Buckley '23] in the paint, so we just kind of got a turn, and let her go to work. Once we kind of built up, I believe we moved the ball around really well," said Nardone.

According to Emerson Buckley '25, the team continued the momentum from Saturday's game with smooth transitions against BB&N, in great part due to effective organization.

"Despite the fact that we were doing really well on transition, I think we just loaded it down to work on our passing. I think we're just working on continuing to stay together. I think we're just going to work on communicating on both defense and offense," said Buckley.

Andover Girls Basketball will play at the New England Eight Tournament on Saturday and host Holderness on Wednesday.

Meg Stineman
Feb 17, 2023

'Double-Team' Star Kennedy Herndon '23 Sets New Girls Basketball All-Time Scoring Record



Despite lacrosse being their main sport, Kennedy Herndon '23 recently broke the Andover Girls Basketball all-time scoring record, surpassing previous record-holder Becky Dowling Calder '94.

With a current total of 1,140 career points for Andover, Herndon attributed their successes to their dad. Aside from constantly practicing with them, Herndon's dad was always present at their games, pushing them to be the best athlete they could be across both sports.

"My dad has been my partner in crime...He is my biggest critic, but also my biggest fan with both basketball and lacrosse, but especially basketball. He and I

have been on this long journey with basketball... And he has also been my good luck charm. He's always there on the front row during my games yelling on the court, telling me what to do. Sometimes it's annoying, but I know it comes out of love. And I know that he's always right about what I need to be doing [and] what I should be doing on the court," said Herndon.

Herndon's love for basketball sparked in fifth grade when they played pick-up games during recess. After finding drills online, Herndon started training for the sport intensely with their dad.

"We would always go to the park gyms early in the morning, practice on every skill that he thought I needed to work on. He would always research these drills to help me improve on my basketball skills... So the work that I put into practice with him would translate into my game. But he would wake up all hours of the morning and we would go in. He would really work out with me. He would break a sweat for me, just thinking about it and looking back on it, means so much because he put as much time into basketball as I did," said Herndon.

Herndon came to Andover as a Junior, but they eventually lost their Lower season due to Covid-19. Head Coach Elizabeth Monroe was initially impressed by Herndon's young talent, demonstrating skill and quickness on the ball.

"In [their] first game, I think [they] scored 20 points for us. And I think what really stood out was just [their] confidence. Being a ninth grader, and just being able to step onto a Varsity team and [showing] that's kind of where you belong, and [showing] it to everybody," said Coach Monroe.

Brooke Hannan '23 and Herndon have been playing basketball together for almost four years. Hannan appreciates Herndon's calm demeanor in games, their love for the sport, and their reliability throughout the season.

"[They're] definitely very passionate for the game. You can always tell whatever [they're] playing. Of course, [they're] fun. But [they're] also very serious much of the time, which is very much necessary. But [they] keep a cool head... And [their] reaction usually is something actually pretty funny, which makes the rest of the team kind of laugh a little so it's easier to just brush it off, and that keeps the entire team pretty composed," said Hannan.

Sharing similar sentiments, Monroe highlighted Herndon's use of light-hearted expressions and gestures to raise the spirits of the team and fans.

"[They] can be very quiet and sort of seem very stoic. But the moments that I will remember and treasure from Kennedy is when [they] get a little bit goofy. And [they're] actually really funny... that's the best part," said Monroe.

Herndon shared their passion for competing at the highest level against the strongest competition. Playing against athletes that provide a challenge motivates them to show their skills and push their limits during games.

"I actually love playing against players that are as good as me. But I actually love it much more when they're better than me. I play a lot better when I have really good competition because it pushes me to have a mindset, where I need to prove myself and prove that I can also hang with this player or these players," said Herndon.

Hannan described some of Herndon's strengths on the court, leading the team as Co-Captain with courage and competence.

"[They] really just [has] that confidence and people, like defenders, always have to cover [them] really well for that... [They're] very well known for her three pointer. [They're] very good at those. And then [their] ball handling. [They're] very good at getting the ball into the middle for a floater," said Hannan.

Although committed to University of California, Berkeley for lacrosse, Herndon also considers trying out for the university's Women's Basketball team next year.

Nabilah Nazar
Feb 24, 2023

Kennedy Herndon '23 Sets New Girls Basketball All-Time Scoring Record

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Andrew Zhou

Mar 17, 2023



<https://youtu.be/KSdYadI'aOaQ>

Boys Varsity Hockey

2022-23

Head Coach: Paul Tortorella '80

Assistant Coaches: Patrick Pothel & Tedd Parker

Captains: Robert E. Corkery

Managers: Sadie Burke, Parker Polgar, & Ava Sullivan

Overall Season Record

Win	Loss	Ties
11	15	2

Letter Winners: Robert E. Corkery, Grayden Robertson-Palmer, Robert M. Falvey, Rory Booth, Ethan Skowronek, Luke A. DeAngelis, Christopher M. Cali, Nolan T. Roche, Reid C. Malatesta, Peyton J. Militello, Andrew H. Smith, John D. Bainbridge, John W. Doyle, Daniel P. Rekoske, Jake R. LeDoux, Matthew L. deBenedictis, Joseph Z. Zheng, David P. O'Neill, Samuel P. Myles Benjamin J. Skowronek, & Chase R. Anderson

Award Winner: Sumner Smith Award: Nolan T. Roche

Boys Varsity Hockey

2022-23 Schedule and Results

Sat	12/03/2022	Hockey BV	Albany Academy	A	7:30 PM	2-4		L		
Sun	12/04/2022	Hockey BV	Tabor	A	2:00 PM	3-8		L		
Wed	12/07/2022	Hockey BV	Thayer	H	4:00 PM	1-0	W			Harrison Rink
Fri	12/09/2022	Hockey BV	Brewster Academy	H	6:00 PM	5-2	W			Harrison Rink
Sat	12/10/2022	Hockey BV	New Hampton	A	6:00 PM	2-3		L		
Tue	12/13/2022	Hockey BV	Groton	H	5:15 PM	4-1	W			Harrison Rink
Fri	12/16/2022	Hockey BV	FLOOD MARR Salisbury	A	3:00 PM	1-5		L		Flood rink Nobles
Sat	12/17/2022	Hockey BV	FLOOD MARR Milton	A	9:00 AM	0-1		L		Roberts rink, Milton
Sat	12/17/2022	Hockey BV	FLOOD MARR Drfield	A	7:00 PM	1-6		L		Roberts rink, Milton
Sun	12/18/2022	Hockey BV	FLOOD MARR - TBD	A	9:00 AM	4-3	W			Flood rink, Nobles
Sat	01/07/2023	Hockey BV	Choate	A	4:00 PM	6-3	W			
Wed	01/11/2023	Hockey BV	Tilton	H	2:30 PM	5-2	W			Harrison Rink
Fri	01/13/2023	Hockey BV	St. Paul's	A	5:45 PM	8-2	W			
Sat	01/14/2023	Hockey BV	Exeter	H	3:45 PM	3-6		L		Harrison Rink
Wed	01/18/2023	Hockey BV	St. Sebastian's	A	4:40 PM	3-3			T	
Sat	01/21/2023	Hockey BV	Noble & Greenough	A	4:15 PM	1-7		L		
Wed	01/25/2023	Hockey BV	Winchendon	A	5:00 PM	4-0	W			
Sat	01/28/2023	Hockey BV	Loomis	H	2:15 PM	1-3		L		Harrison Rink
Wed	02/01/2023	Hockey BV	Deerfield	A	4:30 PM	2-5		L		
Fri	02/03/2023	Hockey BV	Belmont Hill	H	6:00 PM	0-4		L		Harrison Rink
Sat	02/04/2023	Hockey BV	Dexter Southfield	A	3:15 PM	2-4		L		
Wed	02/08/2023	Hockey BV	K.U.A.	H	4:00 PM	3-2	W			Harrison Rink
Fri	02/10/2023	Hockey BV	Governor's Academy	H	5:30 PM	5-5			T	Harrison Rink
Wed	02/15/2023	Hockey BV	Cushing	A	5:00 PM	2-6		L		
Fri	02/17/2023	Hockey BV	Brooks	H	5:15 PM	3-4		L		Harrison Rink
Sat	02/18/2023	Hockey BV	Pingree	A	4:00 PM	6-0	W			
Wed	02/22/2023	Hockey BV	N.M.H.	A	4:00 PM	1-3		L		
Sat	02/25/2023	Hockey BV	Exeter	A	4:15 PM	4-0	W			



Phillips Academy Boys Varsity Hockey 2022-23

<u>No.</u>	<u>Name</u>	<u>Pos</u>	<u>Ht</u>	<u>Wt.</u>	<u>Yr.</u>	<u>Hometown</u>
2	Robert E. Corkery *	D	6-2	190	2023	Saunderstown, RI
7	Grayden Robertson-Palmer	F	5-10	180	2025	Kanata, ON
8	Robert M. Falvey	D	6-2	180	2023	Hingham, MA
9	Rory Booth	D	6-2	185	2023	Spring City, PA
11	Ethan Skowronek	F	5-10	175	2024	Arlington, VA
12	Luke A. DeAngelis	D	5-11	160	2025	Holmdel, NJ
13	Christopher M. Cali	F	6-1	180	2024	Wake Forest, NC
14	Nolan T. Roche	F	5-10	170	2023	Duxbury MA
16	Reid C. Malatesta	F	5-9	175	2023	Arlington, MA
17	Peyton J. Militello	F	5-10	170	2025	Dallas, TX
18	Andrew H. Smith	D	6-1	175	2024	Cotuit, MA
19	John D. Bainbridge	D	5-8	150	2024	McLean, VA
21	John W. Doyle	F	5-9	145	2025	New York, NY
22	Daniel P. Rekoske	D	6-1	180	2023	Glenview, IL
23	Jake R. LeDoux	F	6-1	180	2024	Chandler, AZ
24	Matthew L. deBenedictis	F	5-11	175	2025	Milton, MA
26	Joseph Z. Zheng	F	5-10	165	2023	Glenview, IL
27	David P. O'Neill	F	5-9	150	2026	Geneva, IL
29	Samuel P. Myles	F	5-10	175	2024	Westborough, MA
31	Benjamin J. Skowronek	G	6	175	2024	Arlington, VA
41	Chase R. Anderson	G	6-2	185	2025	Marblehead, MA

*Captain

Coaches: Paul Tortorella, Patrick Pothel, Tedd Parker

Boys Varsity Hockey

2022-23 Game Highlights

DECEMBER 3, 2022

Hockey BV at Tabor Jamboree vs. Albany Academy
L 2-4

GOALIE BEN SKOWRONEK 46 SAVE PERFORMANCE

After a scoreless first period Upper Sam Myles got things rolling with a nice shot off an excellent forecheck by Ethan Skowronek and Jake LeDoux. Albany worked to gain the lead 2-1 in the third until freshman David O'Neill scored off a Peyton Militello set up. Albany scored the go-ahead goal late in the third and added the empty netter to seal it.

DECEMBER 4, 2022

Hockey BV at Tabor Jamboree vs. Tabor
L 3-8

BURIED IN THE SECOND

After gaining a 2-0 lead in the first, Tabor took advantage of the chaos that consumed the second period and scored 6 unanswered goals. The teams went back and forth once things settle down. Lower Grayden Robertson-Palmer led the team with a goal and an assist. Lower Peyton Militello and Upper Ethan Skowronek also scored for Andover. Senior Bobby Corkery, Junior Jake Ledoux, and Freshman David O'Neill each had assists.

DECEMBER 7, 2022

Hockey BV vs Thayer
W 1-0

ROCHE, SKOWRONEK STAR IN VICTORY

Goalie Ben Skowronek '24 made several big saves on way to the shut out and center Nolan Roche '23 banged home the game's only goal early in the third as Andover beat a gritty Thayer Team in the home opener.

DECEMBER 9, 2022

Hockey BV vs Brewster Academy
W 5-2

DOMINANT 3RD PERIOD

Highlights: <https://youtu.be/GpgUJuQaS0M>

Box Score: <https://www.neutralzone.net/pr...>

DECEMBER 10, 2022

Hockey BV at New Hampton
L 2-3

CONTROVERSIAL OVERTIME CALL IN OT

An apparent goal was waived off as the puck was lodged in the back of the goalie's pants as he backed up into the goal prior to any whistle, then the goal slid off its pegs as the official gave the no goal sign. New Hampton scored one that counted soon after. It was that kind of game. 3-2 loss in OT

BOX SCORE: <https://www.neutralzone.net/pr...>

DECEMBER 13, 2022

Hockey BV vs Groton

W 4-1

LEDOUX SCORES TWO, FALVEY SETS UP THREE, SENIORS SHINE

Jake LeDoux '22 and Bobby Falvey '23 helped lead the team to a nice win over Groton. Jake fired a rocker to the top right corner early on and then followed up with a shorthanded goal set up beautifully by Falvey. Falvey also assisted on a a Zheng '23 goal and was instrumental on yet another goal by Rekoske '23 in the second.

DECEMBER 18, 2022

Hockey BV at Flood-Marr Tournament vs. Westminster

W 4-3

POWER PLAY GOAL LIFTS ANDOVER

Lower Peyton Militello's power play goal was the game winner.

Ledoux, E. Skowronek, Malatesta, and Militello score for the big Blue.

JANUARY 7, 2023

Hockey BV at Choate

W 6-3

MYLES, ZHENG NET TWO TO LEAD TEAM

Dominating Choate in the first yielded no results on the scoreboard. The team got three in the second and three in the third to seal the victory.

JANUARY 11, 2023

Hockey BV vs Tilton

W 5-2

CORKERY, ROCHE, B. SKOWRONEK LEAD TEAM TO WIN VS RANKED TILTON

A key save in the oddy of the game by Upper goalie Ben Skowronek helped propel the team to dine win over Tilton (9-2). Down by a goal, Tilton made a mad rush to the goal and fired toward Skowronek who made the initial save. The rebound was corralled by Tilton's forward who passed over to his teammate but Skowronek made a gravity-defying sprawling save with his left pad which he was also able to cover.

Seniors Nolan Roche and Bobby Corkery led the offensive and defensive play for Andover.

JANUARY 14, 2023

Hockey BV vs Exeter

L 3-6

BIG EFFORT BY MALATESTA NOT ENOUGH TO COME BACK

PG forward Reid Malatesta took the team on his shoulders to bring Andover within one midway through the third. Alas, Exeter scored soon after to open the two goal lead, and then scored an empty netter as Andover pulled the goalie trying to tie it up.

FEBRUARY 1, 2023

Hockey BV at Deerfield

L 2-5

LEDOUX TWO ASSISTS

Team brought it to 4 -2 in the third and Deerfield added one on the empty net.

Boys Varsity Hockey In the News

After Tough Losses at Tabor Jamboree, Boys Hockey Comes Back with Home-Opening Win Against Thayer



After two weekend losses to Albany Academy, 2-4, and Tabor Academy, 3-8, Andover Boys Hockey defeated Thayer Academy, 1-0, on Wednesday, with the only goal scored by Nolan Roche '23. This puts the team's record at 1-2.

While the games over the weekend did not give Boys Hockey the start to the season they were hoping for, Captain Bobby Corkery '23 discussed the importance of focusing on the future rather than

dwelling on the past.

"This past weekend, we didn't get off on the right foot, [the games] did not go the way we wanted them to, but we talked it over as a team, went over some film, and that's in the past now," said Corkery.

Andover returned to the ice on Wednesday, prepared to defeat Thayer. According to Roche, the team's work during practice, particularly regarding puck handling and power plays, prepared the team well for Thayer.

"We worked on our special teams... we are a man up and a man down on the power play and penalty kill, [and] that, I think, hurt us over the weekend. But I think our penalty kill was excellent tonight. We didn't allow a single goal on any short-handed plays. Our power play was a lot better. We didn't score on the power play tonight, but I thought we generated a lot more chances. And we were more responsible with the puck," Roche said.

Roche said that the game against Thayer was high energy and that fans contributed to the excitement as well. Roche noted that the low score on both ends did not disrupt the energy of the game.

Roche said, "It was a great game tonight. Really low scoring, just 1-0, but our goalie, Benjamin Skowronek [24], he stood on his head, he played amazing, so [we're] definitely very thankful for him. Overall, a very high energetic night, the fans were a big boost too. I accidentally spilled my coffee before the game, so I worried I'd be a little low on energy, but the fans brought me up. Laying great, defensive hockey, and really shutting the other team down."

Despite the strong performance on Wednesday, Joseph Doyle '26 pointed out that the team needs to work on keeping a level head, especially during dramatic moments on the ice. While positive energy is crucial, according to Doyle, the team should not let their enthusiasm obstruct gameplay.

"It's still pretty early in the season, but I think that one thing that hurt us a lot this weekend was ... getting too high and ... getting too low. So when we score a goal, we can't just celebrate for a minute and forget about the game that's going on ... when we let up a goal, we can't just hang our heads. We always have to have positive energy on the bench, and not let the highs get too high, and the lows get too low," said Doyle.

Looking ahead, Roche believes the team will focus on furthering its offensive tactics to score more goals.

Roche noted that despite the team's ability to create many opportunities to score, it has had trouble following through with goals.

"For our next game, I think that we should work on scoring and offensive production, because we definitely had a lot of chances tonight, but not a lot of goals to show for it, so we are just going to continue working on our power play, continue working on offensive zone, moving the puck around, [and] generating good scoring chances," Roche said.

Andover plays at home on Friday against Brewster Academy.

Evie Wood
Dec 8, 2022

Boys Hockey Gets Win, Loss, and Tie in Three Games



This week, Boys Hockey faced St. Paul's School, Phillips Exeter Academy (Exeter), and St. Sebastian's School (St. Seb's). With an 8-2 win against St. Paul's, 6-3 loss against Exeter, and 3-3 tie against St. Sebs, Andover's record now stands at 7-7-1.

According to Captain Bobby Corkery '23, the team thrived by optimizing its offense against St. Paul's. Players consistently created opportunities in front of the net, which reflected the team's 8-2 score.

"I think in the St. Paul's game, our strengths were our forecheck and our offense. We had a lot of goals and the scoring chances were created off of our line rushes, but they were also created from behind the net and our forechecks. I think our mix of offense and using all the things we worked on in practice went really well on Friday against St. Paul's. Our weakness in that game, there weren't many weaknesses. I felt like we were moving the puck very fast," said Corkery.

Daniel Rekoske '23 recalled instances that the team was not able to shift perspectives. He hopes that the team can disregard the statistics and instead be sharper on controlling the way to play against individual teams.

Rekoske said, "I would really say focus this year has really been on trying to ignore who the team we're playing is, and I think having gone from playing a team like St. Paul's, [there is] no better way to say this, they just weren't very good. And then having to go play against Exeter, who is obviously our biggest rival, and they always come out and play a very fast and physical game, I think it was very difficult for us. But we really try to focus on playing the same way and playing the right way no matter who we play."

After coming off a victory, Andover fell short to Exeter. Despite its efforts on the offense, the team was not able to take control of the game, according to Benjamin Skowronek '24.

"Against Exeter, we lost 6-3 because they scored an empty netter with a minute left. It was not our best game. Our offense played really well. We put up three goals, but I just don't think we played to as much potential as we could. And it was a tough game, especially to lose to Exeter, our biggest rival," said Skowronek.

Despite the score, Corkery felt that the team played at an undeviating pace and out-skated Exeter. Corkery reiterated the struggles on defense, and emphasized the importance of smoothly transitioning between defense and offense. Another issue Corkery observed was the speed and disorganization of the game when the puck entered the defensive zone.

Corkery said, "I really thought we outworked them and outplayed them throughout the entire game. We played a very consistent hockey game. We were definitely getting the pucks in their zone and forechecking. Our strengths were our power plays... Our weaknesses, obviously, we need to tighten up on defense. I felt like we gave them a few easy goals. I just think we got to work on our transition game, so getting the puck out of our end, and generating offense off the rush, and getting the puck into there as quickly as possible and putting pressure on them."

Skowronek felt that being overly nervous before facing Exeter shifted the focus from the actual game.

Moving forward, the team is looking to maintain composure, regardless of its opponent.

"I think that we're going to work on a lot of just keeping calm because before the game, I think we just anticipated the game too much and didn't treat it like a normal game. I think we got too into our heads about us having to beat Exeter, and that treated us negatively. In the future, we should treat the game like any other game and just come out and play like we know we can play, and I think we'll be successful," said Skowronek. Boys Hockey will face Nobles & Greenough away this Saturday.

Meg Stineman

Jan 20, 2023

Boys Hockey Losses to Noble and Greenough School Due to Penalties



After receiving a shot in front of the net from Drew Smith '24, Nolan Roche '23 scored swiftly on a tip-in, putting Andover on the scoreboard. This Saturday, Boys Hockey faced Noble and Greenough School (Nobles), suffering a 1-7 loss. Its record now stands at 7-8-1.

In the first period, Roche scored the only goal for Andover with the help of Smith. Daniel Rekoske '23 named the tip shot as the play of the match. Despite its best efforts, the team was unable to score again.

Rekoske said, "Nolan Roche had a tip in front of the net on a shot from Drew Smith, which was a good play. That was in the first period,

so it was actually three to one after the first, but we just came out again in the second took a few too many penalties and they scored on, so [there] just wasn't much we could do."

According to Rekoske, the loss was a result of suffering a few penalties during the game, which led to being down two players and a weakened defensive zone due to the injury of Captain Bobby Corkery '23.

"I think we got off to a great start. I think we set up a breakaway pretty early on that we didn't only give our goalie a chance, so they scored on that [and] we got down on one I think pretty early. But I think what killed us were the penalties we took a little bit later in that period. We took two penalties to give up a five on three and they scored two goals on it. Our captain, Bobby Corky, actually got hurt on one of those penalty kills, and so we were kind of a man down for the rest of the game," said Rekoske.

So far Nobles has led a 11-1-1 season, placing them at the top of the division. Ethan Skowronek '24 credited Andover in minimizing Nobles' scoring opportunities and adjusting to challenging circumstances.

Skowronek said, "I think some of the highlights are that we played a really strong team. So I think they kind of caught us off guard especially since we had a really good game against St. Sebastian's [and] tied them 3-3... But I think we did a good job of keeping [Nobles'] shots to the minimum. They had a lot of high opportunity scoring chances, which we probably could try to prevent. I think we had good pressure on them. Obviously there could have been a better outcome."

Going forward, Rekoske hopes the team will work the puck with confidence and maintain composure, despite facing obstacles. Avoiding penalties will also maximize the team's performance.

Rekoske said, "Certainly stay out of the box. The penalties killed us that game but then also I feel like we started to doubt that we could play with these guys. After we got down three [to] one, like we kind of thought, 'Alright, this is a really good team,' but we knew that from the start so we just had to play with them and keep playing with them [and] not get too much in our own heads."

Skowronek spoke on transitioning between defense and offense. Nobles worked the neutral zone and offensive zone well, so in future games it is crucial for forwards to be able to get the ball into the opponents' defensive zone more fluently.

"I think we really can lock down defensively. I think our forwards and defense have been really good offensively. But I think especially on the forehand side of the puck, defense, they're doing a great job and I think forwards probably need to backtrack [and] pick up guys better. So probably just more defensive awareness from the forwards," said Skowronek.

Boys Hockey will host Loomis Chaffee on Saturday and play at Deerfield on Wednesday.

Nabilah Nazar

Jan 27, 2023



Girls Varsity Hockey

2022-23

Head Coach: Martha Fenton

Assistant Coach: Matt Hession & Dan Holland

Captains: Elisabeth L. Rourke, Olivia R. McManus, & Caroline C. Averill

Managers: Kelly Bu, Zadia Ruty Turner, & Kaia Heslin

Overall Season Record

Win	Loss	Tie
24	3	1

Letter Winners: Annabel Curry, Julia R. Simon, Margot J. Furman, Ava Murphy, Ellie Parker, Deanna E. Buenzow, Peyton A. Kennedy, Shea R. Freda, Claire Colvin, Emily Mara, Keira Harder, Elisabeth L. Rourke, Lillyanna G. McInerney, Anne C. Averill, Molly A. Boyle, Olivia R. McManus, Gretchen R. Swartz, Keira M. Bruen, Sarah Powers, Charleston A. Drouin, Caroline C. Averill, Sarah B. Lackley, Wendi Ying, Avery Rodeheffer, Kelly Bu, Kaia Heslin, Zadia Ruty-Turner, & Alejandra Alicea

Award Winners: SUMNER SMITH HOCKEY AWARD- Elisabeth L. Rourke

Girls Varsity Hockey

2022-23 Schedule and Results

Wed	12/07/2022	Hockey GV	Winchendon	A	3:45 PM	4-1	W			
Fri	12/09/2022	Hockey GV	Dexter Southfield	H	4:00 PM	1-0	W			Harrison Rink
Sat	12/10/2022	Hockey GV	N.M.H.	A	4:30 PM	3-0	W			
Thu	12/15/2022	Hockey GV	Taft vs Lawrenceville	A	9:30 AM	2-0	W			Mays Rink
Thu	12/15/2022	Hockey GV	Taft vs Taft	A	2:45 PM	1-0	W			Odden Arena
Fri	12/16/2022	Hockey GV	Taft vs Hotchkiss	A	9:30 AM	4-1	W			Odden Arena
Fri	12/16/2022	Hockey GV	Taft	A	2:30 PM	2-1	W			
Sat	01/07/2023	Hockey GV	Choate	A	6:00 PM	3-0	W			
Mon	01/09/2023	Hockey GV	Brooks	H	5:10 PM	5-3	W			Harrison Rink
Wed	01/11/2023	Hockey GV	K.U.A.	H	5:30 PM	8-1	W			Harrison Rink
Sat	01/14/2023	Hockey GV	St. Paul's	A	3:00 PM	4-1	W			
Wed	01/18/2023	Hockey GV	Lawrence Academy	H	4:30 PM	6-0	W			Harrison Rink
Sat	01/21/2023	Hockey GV	St. Mark's	A	2:15 PM	7-3	W			
Wed	01/25/2023	Hockey GV	Cushing	H	4:00 PM	7-1	W			Harrison Rink
Fri	01/27/2023	Hockey GV	B. B. & N.	H	5:30 PM	3-0	W			Harrison Rink
Sat	01/28/2023	Hockey GV	Deerfield	A	3:00 PM	4-0	W			
Wed	02/01/2023	Hockey GV	Tabor	H	3:30 PM	3-5		L		Harrison Rink
Sat	02/04/2023	Hockey GV	New Hampton	A	12:30 PM	5-1	W			
Wed	02/08/2023	Hockey GV	Austin Prep	H	6:00 PM	5-1	W			Harrison Rink
Fri	02/10/2023	Hockey GV	Milton	A	6:15 PM	4-0	W			
Sat	02/11/2023	Hockey GV	Williston	H	2:15 PM	0-1		L		Harrison Rink
Wed	02/15/2023	Hockey GV	Noble & Greenough	H	4:45 PM	4-0	W			Harrison Rink
Sat	02/18/2023	Hockey GV	Worcester	H	2:30 PM	2-1	W			Harrison Rink
Wed	02/22/2023	Hockey GV	Loomis	H	4:00 PM	0-0			T	Harrison Rink
Sat	02/25/2023	Hockey GV	Exeter	A	2:00 PM	2-0	W			
Wed	03/01/2023	Hockey GV	TOURNAMEN T Milton	A	2:30 PM	3-1	W			
Sat	03/04/2023	Hockey GV	Tournament Kent	A	3:00 PM	2-0	W			
Sun	03/05/2023	Hockey GV	TOURNAMEN T Williston	A	4:00 PM			L		



Phillips Academy Girls Varsity Hockey Roster 2022-23

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Pos</u>	<u>Hometown</u>
1	Annabel Curry	2025	G	Chestnut Hill, MA
2	Julia R. Simon	2023	F	Arlington, MA
3	Margot J. Furman	2025	D	New Canaan, CT
6	Ava Murphy	2024	F	West Roxbury, MA
7	Ellie Parker	2025	F	Andover, MA
8	Deanna E. Buenzow	2023	F	Evanston, IL
9	Peyton A. Kennedy	2025	F	Sudbury, MA
10	Shea R. Freda	2024	F	Lexington, MA
11	Claire Colvin	2023	F	Winchester, MA
12	Emily Mara	2025	F	Winchester, MA
13	Keira Harder	2023	F	Arlington, MA
14	Elisabeth L. Rourke *	2023	F	Wellesley, MA
15	Lillyanna G. McInerney	2026	F	North Reading, MA
16	Anne C. Averill	2023	D	Wayland, MA
17	Molly A. Boyle	2025	D	Scituate, MA
18	Olivia R. McManus *	2023	D	Winthrop, MA
19	Gretchen R. Swartz	2023	F	Bolton, MA
23	Keira M. Bruen	2026	F	West Roxbury, MA
24	Sarah Powers	2026	F	Lynnfield, MA
25	Charleston A. Drouin	2025	F	North Andover, MA
26	Caroline C. Averill *	2026	F	Wayland, MA
27	Sarah B. Lackley	2026	D	Woodstock, VT
29	Wendi Ying	2025	G	Exeter, NH
78	Avery Rodeheffer	2025	G	New Haven, CT

* Captain

COACHES: Martha Fenton, Matt Hession, & Dan Holland

Girls Varsity Hockey 2022-23 Highlights

DECEMBER 7, 2022

Hockey GV at Winchendon

W 4-1

ANDOVER WINS ON THE ROAD TO OPEN THE 2023 SEASON

The 2022-2023 Andover girls varsity hockey team kicked off the new season with a 4-1 victory over host Winchendon. A balanced offense saw 4 different goal scorers for the Big Blue and Avery Rodeheffer picked up her first win in net for the Big Blue with 12 saves. Next up for GVH is our home opener against Dexter Southfield on Friday, Dec. 9 at 4 pm.

DECEMBER 9, 2022

Hockey GV vs Dexter Southfield School

W 1-0

ANDOVER EDGES DEXTER SOUTHFIELD FOR 1-0 VICTORY

Lilly McInerney '26 notched her first PA career goal off an assist from tri-captain Lulu Rourke '23 in an early season battle with a talented and tenacious Dexter Southfield team. McInerney's second period tally proved to be the game winner as goaltender Avery Rodeheffer picked up her first shutout of the season with 14 saves.

DECEMBER 10, 2022

Hockey GV at N.M.H.

W 3-0

ANDOVER GIRLS MOVE TO 3-0 WITH ROAD WIN OVER NMH

Andover traveled to Northfield Mount Hermon for an early season Saturday evening tilt. The team got off the bus on a mission, putting 71 shots on net but NMH netminder Avery Olsen kept her team within reach allowing just one goal per period. Peyton Kennedy '25, Lulu Rourke '23, and Keira Bruen '26 (first career tally at PA!) picked up the goals for Andover with Keira Harder '23, Julia Simon '23, and Bruen picking up an assist each and Anne Averill '23 notching 2 assists. Avery Rodeheffer '25 had her second shut-out in as many games with 5 saves. Andover will travel to the Taft School for the annual Patsy K. Odden tournament on Wednesday where they will look to defend their 2021 title.

DECEMBER 15, 2022

Hockey GV at Patsy K. Odden Tournament vs. Lawrenceville

W 2-0

GVH OPENS 2022 PATSY K. ODDEN TOURNAMENT WITH 2-0 VICTORY OVER LAWRENCEVILLE

After 2 scoreless periods of back-and-forth hockey the Andover girls netted 2 goals in the third to skate away with a 2-0 victory over a talented Lawrenceville team in the first round of the 2022 PKO tournament. Julia Simon '23 and Deanna Buenzow '23 tallied the two goals with Lulu Rourke '23 and Keira Bruen '26 picking up the assists. Continuing her rock solid performance in net, Avery Rodeheffer notched her 3rd shut-out of the season. Next up for Andover is host Taft in the afternoon game.

DECEMBER 15, 2022

Hockey GV at Patsy K. Odden Tournament vs. Taft

W 1-0

ANDOVER TAKES DOWN HOST TAFT WITH 1-0 VICTORY.

Julia Simon '23 picked up her second game-winning goal of the day when she broke a 0-0 tie with just 5:19 to play in the third period against a determined Taft team. Anne Averill '23 and Lilly McInerney '26 picked up the assists and Avery Rodeheffer continued her winning ways in net with a 4th consecutive shut-out. Andover's final game in pool play will take place tomorrow morning against Hotchkiss.

DECEMBER 16, 2022

Hockey GV at Patsy K. Odden Tournament Championship vs. Loomis Chaffee
W 2-1

ANDOVER GVH IS 2022 PKO CHAMPION!!!

For the second year in a row, the Andover girls' hockey team came out on top at the Patsy K. Odden Tournament. Andover faced a fast, physical, and talented Loomis team in the final and the game was a great showcase of prep school hockey. Behind 2nd period goals by Lilly McInerney '26 (assisted by Lulu Rourke '23) and Claire Colvin '23 (assists to Rourke '23 and Shea Freda '24) and an outstanding performance in net by Avery Rodeheffer '25, the Andover team capped off 2022 with a 7-0 record heading into the New Year. See you in 2023!



JANUARY 7, 2023

Hockey GV at Choate
W 3-0

GVH KICKS OFF 2023 WITH 3-0 ROAD VICTORY OVER CHOATE

The Andover girls picked up where they left off before the holidays, moving to 8-0 on the season with a 3-0 road win over host Choate. Andover opened the scoring on a beautiful power play goal in the first period from Sarah Powers '26 when she tipped in a pass from Lulu Rourke '23 and Lilly McInerney '26. Molly Boyle '25 made it 2-0 in the second off another assist from McInerney '26, and Deanna Boyle '23 added the cushion on an unassisted rush at 7:45 in the second. Choate fought throughout the game and challenged netminder Avery Rodeheffer with 22 shots, but Rodeheffer '25 was solid between the pipes and secured her 5th shut-out of the season. Andover will host Brooks for our first home game of 2023 on Monday evening 1/9 at 5:10.

JANUARY 14, 2023

Hockey GV at St. Paul's
W 4-1

BIG BLUE PICKS UP 4-1 ROAD WIN AGAINST ST. PAUL'S

The Andover girls' continued to roll, putting together 3 strong periods of hockey against a talented St. Paul's team in a 4-1 win. GVH played smart, team-oriented hockey in all 3 zones

as they move to 11-0 on the season. Next up for the Big Blue is Lawrence Academy at home on Wednesday, January 18.

JANUARY 18, 2023

Hockey GV vs Lawrence Academy

W 6-0

ANDOVER PICKS UP 6-0 WIN

The Andover girls kept a hard-working and determined Lawrence Academy team off the board with a 6-0 shut out at home today. Avery Rodeheffer '25 and Wendi Ying '25 combined to turn away 13 shots while the Andover skaters combined for 27 shots on net. Five different players had goals (Anne Averill '23 (2), Keira Harder '23, Emily Mara '25, Molly Boyle '25, and Caroline Averill '26) and 6 players picked up assists (LuLu Rourke '23 (2), Lilly McInerney '26, Molly Boyle '25, Deanna Buenzow '23, Gretchen Swartz '23, and Peyton Kennedy '25).

Another great team effort with all 24 team members contributing to the win! Next up for the Blue is a road trip to St. Mark's on Saturday.

JANUARY 25, 2023

Hockey GV vs Cushing

W 7-1

A 4 GOAL 3RD PERIOD SEALS THE DEAL FOR BIG BLUE

For the second game in a row, the Big Blue tallied 7 goals from 6 different skaters while picking up a win against a talented Cushing squad today. Wendi Ying '25 had her first career start for the Blue, picking up 15 saves on the day. Leading the scoring brigade with 3 points each for Andover were Caroline Averill '26 (2 G, 1 A), Julia Simon '23 (3 A), and Keira Bruen '26 (1G, 2 A). Tri-captain Olivia McManus '23 picked up her first goal of the season with a beautiful short-handed snipe from the point. Next up for Andover is a home contest vs. BBN at 5:30 on Friday, 1/27. Come dressed in purple for our Andover Fights Cancer game and check out the bake sale and raffle - all proceeds to the American Cancer Society. GO BLUE!

JANUARY 27, 2023

Hockey GV vs B. B. & N.

W 3-0

GVH RECORDS A WIN ON THE ICE AND OFF IN INAUGURAL "ANDOVER FIGHTS CANCER" GAME VS. BBN

The Andover girls' hockey team showed up in all the ways that matter this week. With the help and generosity of an amazing group of parents, siblings and friends, they raised over \$5800 in just 2 days for the American Cancer Society and Relay for Life at our Andover Fights Cancer game against BBN tonight. On the ice, they also came out on top with a 3-0 victory over a fast and aggressive BBN squad. Andover played solid hockey in all 3 zones, allowing just 10 shots and getting goals from 3 different players tonight. Peyton Kennedy '25 got the Big Blue on the board with just 3:23 left to play in the first, assisted by line mates Emily Mara '25 and LuLu Rourke '23. Caroline Averill extended the lead in the second period, finishing off a rebound in front with assists to Mara and Gretchen Swartz '23. Tri-captain LuLu Rourke '23 sealed the win at 4:03 of the 3rd period, burying the rebound from a beautiful shot from fellow captain Olivia McManus '23. Avery Rodeheffer '25 picked up the win between the pipes for Andover with 10 saves. Next up for Andover is a road trip to Deerfield tomorrow for a 3:00 game...GO BLUE!

JANUARY 28, 2023

Hockey GV at Deerfield

W 4-0

THREE GOAL 3RD PERIOD LEADS BIG BLUE TO A 4-0 ROAD WIN OVER DEERFIELD.

With a 1-0 lead going into the third period against host Deerfield on Saturday, the Big Blue opened up the game, scoring 3 beautiful goals. Julia Simon '23 and Peyton Kennedy '25 each

had a pair of goals on the day, with assists going to Anne Averill '23 (2), Olivia McManus '23, Emily Mara '25, Molly Boyle '25, Deanna Buenzow '23, and Caroline Averill '26. Netminder Avery Rodeheffer recorded the shutout in net with 19 saves. Next up for Andover is a home contest with Tabor on Wednesday, Feb. 1.

FEBRUARY 4, 2023

Hockey GV at New Hampton

W 5-1

ANDOVER KICKS OFF LONG WEEKEND WITH ROAD WIN OVER NEW HAMPTON

The Andover girls put together three strong periods to beat New Hampton 5-1 as they head into long weekend. Try-captain Olivia McManus '23 got Andover on the board with 26 seconds to play in the first period and then picked up her second goal of the day just 5 minutes into the second to make it 2-0. New Hampton cut the lead to one when they capitalized on a 2-on-1 with 2:30 to play in the second period, but the Andover girls finished with a dominant 3rd period on goals from Sarah Powers '26, Anne Averill '23, and Gretchen Swartz '23 (first career goal!!!). Picking up assists on the day for Andover were McManus, Anne Averill '23, Caroline Averill '26, Julia Simon '23, Molly Boyle '17, and LuLu Rourke '23. Avery Rodeheffer got the win between the pipes for the Big Blue with 18 saves on the day.

FEBRUARY 6, 2023

Hockey GV at Milton

W 4-0

ANDOVER BLANKS MILTON 4-0

Coming off of our long winter weekend, the Andover girls looked rested and ready to go in a 4-0 shutout at Milton. Caroline Averill '26 got Andover on the board first with an unassisted goal at 6:50 in the first period. A three-goal 2nd period sealed the win with Averill kicking off the period with her second goal of the night off of assists from Olivia McManus '23 and sister Anne Averill '23. LuLu Rourke '23 extended the lead to 3 on a beautiful feed from Deanna Buenzow '23 and Buenzow capped off the scoring with an assist from fellow blue liner Molly Boyle '25. The Big Blue will host Austin Prep at home on Wednesday 2/8 at 6 pm.

FEBRUARY 8, 2023

Hockey GV vs Austin Prep

W 5-1

ANDOVER FINISHES STRONG WITH 5-1 VICTORY OVER AUSTIN PREP

Hosting Austin Prep for the first time in school history, the Andover girls dominated possession for most of the game but it took a 4 goal 3rd period to break the game open. Austin Prep's keeper Gianna McCusker played a tremendous game, making 45 saves on the night and Avery Rodeheffer '25 turned away 9 of 10 shots for the win. PA picked up goals from 5 different players with Keira Bruen '26, Peyton Kennedy '25, LuLu Rourke '23, Sarah Powers '26, and Molly Boyle '25 each notching a tally. Deanna Buenzow led the team in points with 3 assists while Rourke, Claire Colvin '23, Emily Mara '25, Kennedy, and Olivia McManus each contributed an assist. The Andover girls will host Williston on Saturday, 2/11 at 2:15.

FEBRUARY 11, 2023

Hockey GV vs Williston

L 0-1

WILLISTON SKATES TO 1-0 WIN

The highly anticipated match-up between #1 Williston and #2 Andover did not disappoint. In front of a packed Harrison Arena, these two teams played a fast-paced and skilled game with Williston finishing on top 1-0 on a second period power play goal. Both teams traded chances but Andover was ultimately unable to get on the board. Big Blue netminder Avery Rodeheffer played a stellar game with 25 saves and the entire Andover roster brought energy and a ton of heart into this game today. Next up for Andover is a home game with Nobles on Wednesday, 2/15 at 4:45.

FEBRUARY 25, 2023

Hockey GV at Exeter

W 2-0

BIG BLUE SHUTS OUT RIVAL EXETER

Behind a shut-out performance in net by Avery Rodeheffer '24 (18 saves), the Big Blue finished out their season with a decisive 2-0 victory over host Exeter. The Andover girls took advantage of Exeter's 8 penalties, with both goals coming on power play opportunities. Peyton Kennedy '25 buried a rebound of a beautiful one-timer by Keira Bruen '26 (second assist to Olivia McManus '23) to open the scoring with 2:58 left in the first period. Lulu Rourke '23 added a goal just over a minute into the second period on another power play, this time assisted by linemate Julia Simon '23. With the win, the Big Blue moved to 22-2-1 and finished the season in second place in the New England Prep School Girls Ice Hockey Association. They will host #7 seed Milton Academy in the quarterfinals of the Elite 8 tournament on Wednesday, March 1 at 4:00 pm in Harrison Rink.

MARCH 1, 2023

GV Hockey vs Milton (Elite Eight Quarterfinals)

W 3-1

GVH ADVANCES TO ELITE 8 SEMI-FINALS WITH 3-1 WIN OVER MILTON

Andover hosted Milton for the quarter finals of the Elite 8 NEPSGIHA tournament today and skated away with a 3-1 win. After a scoreless first period that saw PA outshoot Milton 12-2, it was the Mustangs who lit the goal lamp first with a goal just over six minutes into the second period. Andover took advantage of a power play opportunity 6 minutes later, however, when Emily Mara '25 tied the game with a tip off a beautiful passing sequence from Molly Boyle '25 and Peyton Kennedy '25. Claire Colvin '23 got the eventual game winner 2 minutes later when she finished on a 2 v 1 with Boyle. Julia Simon also assisted on the second goal and put the game away with an empty net goal with 48 seconds to play in the third. Milton's goalie Deguire had an impressive 40 saves on the day and their entire team played tough defense throughout. Avery Rodeheffer picked up the win in net for Andover with 8 saves.

Andover will host Kent in the semi-finals on Saturday in Harrison Rink - game time TBD. GO BLUE!!!

Girls Varsity Hockey

In the News

Girls Hockey Shuts Out Dexter Southfield and Northfield Mount Hermon, Remains Undefeated



Andover Girls Hockey celebrated its first home game of the season with a victory against Dexter Southfield School, 1-0. The following day, Andover traveled to Northfield Mount Hermon (NMH), taking a total of 71 shots on the net and ending the game in a 3-0 win. The team's record stands at 3-0.

Against NMH, Andover maintained composure in the game, despite various penalties being called on both teams, according to Peyton Kennedy '25. Head Coach Martha Fenton '83 encouraged the players to take more high quality shots after Friday's tight game against Dexter Southfield.

Kennedy said, "Although we only won 3-0, we had 71 shots on net. That could be good and bad because we didn't really get them in [the] net, but we did get the opportunity. We also were able to overcome a lot of challenges in that game with the aggressive number of penalties called on both sides. Constant power plays, constant penalty kills, but we really, we came out on top."

Having many younger players on the team, Wendi Ying '25 stressed the importance of building good team chemistry. Ying commended Coach Martha Fenton and the team's Co-Captains for their leadership and guidance in maintaining a friendly atmosphere.

"I think that there [are] a lot of new [Juniors] and even new Lowers, but I think it's really helpful having captains that really help to build that team dynamic because they've been here for so long. We also have our coach. Coach Fenton is really helpful and she makes people feel really welcome. My [Junior] year she made me feel really welcome on the team, and honestly everyone on the team is just really welcoming," said Ying.



Kennedy notes that especially with many players participating in the same fall sports, a lot of players on the team have already established a trusting relationship.

"We have a pretty young team this year, a lot of [lower] classmen, but we're looking like a strong team. A lot of us play the same fall sports so

I feel like we're already connected" said Kennedy.

Keira Bruen '26 shared similar sentiments, noting how playing for the same club teams led to Andover's early success in the season. Coach Fenton's constant work with the team hopes to bring Girls Hockey to the forefront in the Patsy K. Odden Tournament.

"We've been passing really well, and a lot of us have played together before on club teams so I feel like that has helped. I feel like Martha is helping, too, and she's having us do drills that help us work together, so I think that really helps with coming together as a team," said Bruen. With high anticipation for the Patsy K. Odden Tournament, which features the top eight schools in New England, the team looks forward to taking on competitive schools. Ying emphasized the importance of strategy and momentum going into the competition.

"It's always just playing as hard as we can and putting in that effort. Coach Fenton really emphasizes that during practice: you earn your playing time. So when we go to Taft, obviously everyone's spirits are going to be really high. We just want to play our best, get shots on net, and just be really focused, and have a good time," said Ying.

Andover will compete in the Patsy K. Odden Tournament this Thursday and Friday, with hopes of winning the championship for the second year in a row.

Eva Murphy
Dec 15, 2022

Andover Girls Hockey Refuses to Break Winning Streak After Successful Weekend



Andover Girls Hockey had an outstanding week, winning all three of its games. On Saturday, the team shut out Choate in a 3-0 win, leading Andover into another 5-3 win against Brooks School on Monday. After a break from games, the team came back this Wednesday with an incredible 8-1 win against Kimball Union Academy, thus remaining undefeated.

According to Coach Martha Fenton '83, the team struggled in some aspects after being away for two and a half weeks. After the team came together at the Taft tournament, it was known the level at which the team could play, but meshing together again was a challenge.

Nonetheless, there were no penalties against Girls Hockey.

Fenton said, "It was a good game, but it definitely wasn't our best game. It was apparent that we had been away for a couple of weeks and it was a long bus ride and a little bit of a wait, so I think we were a little bit more disjointed than we had looked. We had that time together down at Taft and we were really starting to click. We had switched lines up and it always takes a little bit of time to adjust to that and we missed Emily Mara ['25], but I think the bottom line is we did what we needed to to get the win. We played a clean game and we didn't get any penalties but we will need to play better hockey in the future."

Wendi Ying '25 mentioned the short amount of time the team had to prepare before the game against Choate. With only two practices before the game, the team needed to spend time together. Furthermore, the team spent time doing workouts and stretches to get back in the swing of things.

"We came back on Wednesday, so we only really had three days to prepare and we really just did our normal practices and then we did a lot of team workouts and stretches after practice, which we don't normally do, but because the games on Saturday, we didn't really wanna go super hard and practice because you want to have fresh legs the day after. The big thing was not having too much work for Saturday and Martha always emphasizes sleep so that was a focus," Ying said.

In an email to *The Phillipian*, Shea Freda '23 noted that the offense created many opportunities in front of the net, resulting in its five goals against Brooks. After a penalty against its opponents, Girls Hockey took advantage of its power play by pushing the puck into the offensive zone. Despite these strengths, the game would have been even more of a success if the team had a more vigorous first period, according to Freda.

"I think our strengths against Brooks were our defense rushing the puck on offense and creating opportunity in the offensive zone. We were able to transition really quickly and create shots especially in the second and third period. We also had a really strong power play which was able to produce lots of opportunities in front of the net. Our weakness was that we probably could have come out stronger in the first period," wrote Freda.

Similarly to Monday against Brooks, Girls Hockey made many shots on goal, two of which led to goals from the team's defenders. Choate was unable to match Andover's efforts, since Andover's defense shut down many of Choate's opportunities, according to Ying.

Ying stated, "Well, two of our defense scored two goals, so we had a really good defense. I don't know how many shots the other team's goalie got compared to us, but I thought our defense was really strong. We have two of our captains on [defense] so that's very helpful."

Freda highlighted the importance of the team playing harder than it ever has because of what the team has to lose. Keeping effort at an all-time high is essential to the continued success of Girls Hockey.

"We're definitely feeling great coming off of this win but I think we need to focus on keeping our intensity and not underestimating our opponents. We have a perfect record but if anything

now we have to play with something to prove and something to lose, so we just have to continue to work hard and keep up our energy,” wrote Freda. Andover will face St. Paul’s away this Saturday.

Meg Stineman
Jan 13, 2023

Girls Hockey Extends Its Undefeated Streak 12-0



After a 4-1 win against St. Paul’s and a 6-0 shutout against Lawrence Academy, Girls Hockey continued to dominate its opponents. Their record now stands at 12-0. The goal for these games was to generate momentum from the beginning. Peyton Kennedy ’25 shared that focused practices and offensive strategies enabled the team to begin and end the game strongly.

“We want to start strong from the first period and then even if we do succeed at starting strong, we want to just keep that throughout the game... Definitely our power plays [were effective]. We’ve been working a lot on them and we scored a few goals on power plays during the game,” said Kennedy.

Goalie Avery Rodeheffer ’25, who has acquired more than 70 saves this season, credited the D-zone for optimizing the team’s chances to score.

“I think the defense really stepped up and they created a handful of offensive plays just like a lot of defense generated offensive plays and opportunities,” said Rodeheffer.

Rodeheffer believes that success on the ice begins in practice. Following Andover’s sweep over Lawrence Academy this Wednesday, Rodeheffer emphasized the importance of consistently working on drills and translating it into game plays.

“I think everything from practice should be what we want to see in a game. So that means work ethic, compete level, communication. If we do it in practice, then it should happen in the game; and if we don’t do it in practice, those are the things that are going to let us down in the game. Those would be the breakdowns that would lead to us not doing well in games,” said Rodeheffer.

The team hopes to accumulate goals and build on their skill sets to take on the New England Prep School Athletic Conference (NEPSAC). Thus far, the team has 13 remaining games to look forward to on their way to the championship. Kennedy explained that the team is motivated to win.

“It’s pushing us to work harder because we want to keep our undefeated season and all of our goals in the end is just to win NESPACS, so if we’re going to get there we want to keep it up. We’re taking one game at a time,” said Kennedy.

Sharing similar sentiments, Rodeheffer commented on how the team hopes to sustain their undefeated season.

“It’s all about what’s ahead of us... At the end of the day, we’re not even halfway through the season, and no one talks about who did well at the beginning of the season. It’s always what happened at the end, so we want to keep up the momentum and head towards NESPACS and continue maintaining this strong lead and just take the second half of the season with everything that we have,” said Rodeheffer.

Andover will face St. Mark’s on the road this Saturday.

Eva Murphy
Jan 20, 2023

Girls Hockey Remains Undefeated After 14 Games

With six college commits, Girls Hockey continues to dominate the season. On Saturday, Andover defeated St. Mark’s 7-3, followed by a 7-1 win against Cushing on Wednesday. Andover is now 14 games unbeaten.

According to Co-Captain Anne Averill ’23, the team primarily focused on transitional passes between the offensive and defensive zones leading up to its game against St. Mark’s. A greater

emphasis on the individualized skill improvement characterized the practice sessions after Andover's victory.

Averill said, "Leading up to the game, we focused a lot on utilizing the boards to make indirect passes and chips into the offensive zone or out of our defensive zone. After the game we had a practice that was focused on skill development and individualized instruction."

As the scoreline suggests, Andover's visit to St. Mark's was marked by accurate passes in offensive zones. However, Andover's dominance on offense did not come without Wendi Ying '25's performance in goal, according to Ellie Parker '25.

"In the third period, our goalie, Wendi, made some really crucial saves, so I would definitely give her a shout-out. The teamwork was really great and the team moved the puck well and made some strong plays in the offensive zone. I feel like we also really supported each other on and off the ice," said Parker.

Despite its successes, the team is wary of falling into complacency. Kiera Harder '23 says the team always looks for margins for improvement in practice sessions, which is a quality she cherishes about her teammates.

Harder said, "I think pushing ourselves to really challenge each other in practice and making sure that we're not getting complacent sometimes is really important. Again, giving our all, I think we already do a great job of that but there are always improvements to make. I think that this team is something really incredible."

On Wednesday, the seven goals against Cushing were scored by six different players. Caroline Averill '26 led the team with two goals and an assist; Kiera Bruen '26 scored one goal and assisted two. Harder also credits Ying, who started for the first time and ended the game with 15 saves.

"I thought we played a really great team game, I mean we had six different goal-scorers and everybody's energy was super high. The bench's energy was unbelievable, the fan energy as well. Everyone played really well, a big shout-out to Wendi, our goal keeper. She did so well and made save after save," said Harder.

Harder continued, "We had a lot of variety in the way we were scoring. Deanna Buenzow ['23] had a fantastic top shelf goal. Sarah Powers ['26] had a great one-timer. Keira Bruen had a beautiful rush where she made a great move on the goalie. Just overall, a really great team play."

Looking ahead, the team is determined to continue its success on the ice. Harder expressed admiration for the everyday work ethic of each member and the consistent efforts of her teammates.

"I think we have something really special here on this team, I mean everyone is just always giving their full effort and it's just really great to see. It's such a team that is united and puts all their efforts into every game. We obviously hope to keep our winning streak going forward. But overall, this team is something that's really special and I think we can go far," said Harder. Girls Hockey will face BB&N at home on Friday.

Sophia Cratty
Jan 27, 2023

Girls Hockey Rebounds From First Loss of the Season with Three Wins



After a multi-person pileup during the third period of Andover Girls Hockey's game on Wednesday, Andover was able to score a goal during a matchup against Austin Preparatory School (Austin Prep), increasing its lead to 3-1. The goal proved to be a turning point in the game, as Andover immediately scored two more goals after it, leading them to a 5-1 win. This was the team's third win of

the week, following its victories over New Hampton, 5-1, and Milton Academy, 4-0.

Andover's record now stands at 19-1.

According to Ava Murphy '24, the third goal against Austin Prep proved to be critical because it relieved all the pressure that Andover was facing from its opponents. After the goal, Andover began to play its best hockey and cruised to victory from there.

“[Austin Prep] had just scored so it was a 2-1 game. Our third goal really gave us momentum and I think that was really needed because then we scored two goals after that, immediately, and I think that was what we needed; a little push back on top. Even though we were [winning] 2-1, we needed a big push to get over the hump. So that third goal was the key to our next two goals.” said Murphy.

Murphy described how, at times, the game got out of hand, and it took Andover away from playing at its best. Once Andover was able to focus on the game, it began to frustrate its opponents and dominate for the remainder of the game.

“As the game went on, it became more and more tense and electric on our side. [Austin Prep] was getting really chippy and they were cheap-shooting a bunch of our players and they were getting away with it, for the most part,” said Murphy. “And so, what we did was we played our game and we didn’t fight back, didn’t retaliate either, which led us to getting some [foul] calls for us and some power plays. We just continued to play our game, which made them mad and frustrated them that we weren’t retaliating back and were just playing hockey.”

Co-Captain Liv McManus ’23 shared a similar experience on the atmosphere of the game. She was impressed with how the team didn’t let a lack of fans discourage it. She added that “both teams were very energetic, which created a very upbeat environment.”

Heading into its next game against Williston Northampton, McManus believes that Andover will work on executing plays in the offensive third of the ice. She feels that if the team is to succeed in the remainder of the season, it needs to improve at being clinical on offense.

“For our game on Saturday, the team will work on finishing on our offensive opportunities to score more which will be crucial to our success. We will also need to stick to our systems in each zone in order to shut them down.” said McManus.

Murphy shared similar sentiments to McManus, also mentioning that the team needs to improve on taking advantage of power plays. Andover needs to ensure that it executes when having an extra skater on the ice, according to Murphy.

“We have a big game coming up next, and I think that we will work on our power play possession and we had a lot of man-up rushes. So that means like we had a three on one going towards our offensive net and we missed almost every opportunity on that. So we’re gonna definitely work on that during practice tomorrow and Friday,” said Murphy.

Andover plays at home against Williston this Saturday.

Inem Anako

Feb 10, 2023

Nordic Skiing

2022-23

Coach: Keith Robinson

Assistant Coaches: Mika Latva-Kokko, and Elle Houlihan

Captains: Remy C. de Saint Phalle, Samuel S. Gallaudet, & Amelia H. Vinton

Letter Winners: Sophia Aalami, Remy de Saint Phalle, Sam Gallaudet, Rex Tuller, Amelia Vinton, Nico von Eckartsberg, Anna Korczak, Caitlyn Chow, Sage Preston, Georgia Hornsby, Yasmine Tazi, & Amina Hurd

Award Winner: PETER Q. MCKEE SKI CUP - Sophia J. Aalami

Nordic Skiing

2022-23 Schedule and Results

Wed	01/11/2023	All-Gender Nordic Skiing	Dublin	A	2:45 PM		
Wed	01/18/2023	All-Gender Nordic Skiing	Proctor	A	2:45 PM	B 6th, G 7th	
Fri	01/20/2023	All-Gender Nordic Skiing	Belmont Hill/River/Middlesex	A	7:00 PM	B 2/4, G 2/3	Weston Ski track
Wed	01/25/2023	All-Gender Nordic Skiing	Vermont Academy	A	2:45 PM		
Wed	01/25/2023	All-Gender Nordic Skiing	Rivers/Middlesex	A	2:45 PM		Great Brook Farm
Wed	02/01/2023	All-Gender Nordic Skiing	St. Paul's	A	2:00 PM	B 7th, G 8th	
Wed	02/08/2023	All-Gender Nordic Skiing	Holderness	A	2:45 PM	B 6th, G 8th	
Wed	02/15/2023	All-Gender Nordic Skiing	LR CHAMPIONSHIP	A	2:45 PM	G 7th	VA 23
Fri	02/17/2023	All-Gender Nordic Skiing	Belmont Hill/River/Middlesex	A	7:00 PM		Weston Ski track
Sat	02/25/2023	All-Gender Nordic Skiing	NEPSAC CHAMPIONSHIP	A	11:30 AM	G 8th, B 6th	Holderness



Phillips Academy Varsity Nordic Ski 2022-23

Sophia J. Aalami	2023	New York, NY
Noah P. Binkowski	2026	North Andover, MA
Caitlyn Y. Chow	2025	Toronto, ON CAN
Remy C. de Saint Phalle *	2023	Sun Valley, ID
Vanessa Fan	2023	Andover, MA
Miklos F. Frusztajer	2026	Guilford, CT
Kira K. Fulda	2023	Bovenden, DE
Samuel S. Gallaudet *	2023	Andover, MA
Jonas H. Giannoni	2025	New York, NY
Georgia P. Hornsby	2023	Putney, VT
Amina K. Hurd	2023	Los Altos, CA
Anna M. Korczak	2024	Lake Forest, IL
Sage L. Preston	2025	New York, NY
Karis I. Sarkisian	2024	Los Angeles, CA
James R. Snow	2025	New York, NY
Yasmine Tazi	2024	Casablanca, MAR
Rex H. Tuller	2023	San Francisco, CA
Amelia H. Vinton *	2023	Palo Alto, CA
Nicolas C. von Eckartsberg	2023	San Francisco, CA
Zoe A. von Eckartsberg	2026	San Francisco, CA
Adrian M. Werner	2025	Boxford, MA
Luke L. Williamson	2025	Miami, FL

*Captain

Coaches: Kevin Robinson, Mika Latva-Kokko, and Elle Houlihan

Nordic Skiing

2022~23 Race Highlights

JANUARY 18, 2023

**Nordic Skiing AGV at Proctor
NA BOYS 6TH, GIRLS 7TH-**

GALLAUDET AND DE SAINT PHALLE LEAD ANDOVER

In the first classic race of the season, Andover had a strong showing from Co-captains Sam Gallaudet '23 and Remy de Saint Phalle '23 in first and 9th respectively. Despite not training classical at home due to a lack of snow, the experience and fitness shone though. Nico von Eckartsberg '23 was next for Andover in 38th and Rex Tuller '23 overcame a snapped pole to round out the scoring in 51st. Overall, Andover placed 6th out of 9 in the boys race. In the girls race Andover was missing co-captain Amelia Vinton due to injury. Sophia Aalami '23 led the way in 30th place followed closely by Sage Preston '25 in 32nd. Anna Korczak '24 placed 38th and Caitlyn Chow '25 placed 39th, and Yasmine Tazi '24 placed 42nd.

JANUARY 20, 2023

**Nordic Skiing AGV at Weston Ski Track vs Belmont Hill School/Middlesex/Rivers
NA BOYS 2ND OUT OF 4; GIRLS 2ND OUT OF 3-**

GALLAUDET AND DE SAINT PHALLE GO 1-2 IN BOYS RACE AND PRESTON TAKES 2ND IN GIRLS RACE.

The full Andover squad travelled to the Weston Ski Track on Friday evening for a 4k ski race under the lights with Middlesex, Rivers, and Belmont Hill.

Gallaudet and de Saint Phalle placed 1-2 in the race, nearly a full minute ahead of third place. Nico von Eckartsberg was 18th, newcomer Luke Williamson was 21st, newcomer James Snow was 25th, Rex Tuller was 28th and newcomers Jonas Giannoni and Adrian Werner finished 31st and 32nd. In the short race (2K) newcomer Noah Binkowski was 1st and Miklosh Frusztajer was 4th.

Belmont Hill: 20 points, Andover: 37 points, Rivers: 46 points, Middlesex: 69 points

In the girls race, Sage Preston finished a close 2nd to a Middlesex skier. Anna Korczak came on strong at the end to finish 6th and Sophia Aalami 8th. Yasmine Tazi (11th), Caitlyn Chow (12th), and newcomers Zoe von Eckartsberg (13th) and Amina Hurd (14th) finished out the Andover squad. In the short race, newcomer Vanessa Fan was 2nd, Co-captain Amelia Vinton was 4th while working her way back from injury and skiing classic, and newcomer Kira Fulda was 5th.

Middlesex: 13 points, Andover: 27 points, Rivers: 55 points

Nordic Skiing In the News

Boys Varsity Squash

2022-23

Head Coach: John Roberts

Captain: Bryce T. Farr & Dawson A. Lin

Managers: Isabel Curran & Mary Lord

Overall Season Record

Win	Loss	Tie
14	2	

Letter Winners: Aiden C. Chiang, Jaden C. Chyu, Henri C. Comyns, Bryce T. Farr, Christian M. Graziano, Jiho Kim, Dawson A. Lin, Todd A. Lin, Sean Winston J. Luo, Corey C. Shen, Andrew V. Weissman, William L. Weissman, & Congqing Yang

Award Winner:

FAGAN SQUASH TROPHY- Christian M. Graziano

HOITSMA SQUASH AWARD- Dawson A. Lin

Boys Varsity Squash 2021-22 Schedule and Results

[illegible]

Boys Varsity Squash

2021-22 Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Aiden C. Chiang	2026	Princeton, NJ
Jaden C. Chyu	2023	Seoul, KR
Henri C. Comyns	2023	Stamford, CT
Bryce T. Farr *	2023	Rye, NY
Christian M. Graziano	2025	Greenwich, CT
Jiho Kim	2023	Newton, MA
Dawson A. Lin *	2023	Aspen, CO
Todd A. Lin	2025	Aspen, CO
Sean Winston J. Luo	2024	Ringoes, NJ
Corey C. Shen	2026	Hong Kong, CN
Andrew V. Weissman	2023	North Andover, MA
William L. Weissman	2025	North Andover, MA
Congqing Yang	2026	Shanghai, CN

*Captain

Coach: John Roberts

Managers: Isabel Curran '24, Mary Lord '24

Boys Varsity Squash In the News

After Sweep Against Belmont Hill, Boys Varsity Squash Turns Attention to Deerfield Academy



This Wednesday, Andover Boys Squash swept Belmont Hill in their season opener, winning all eight individual matches. The team's record now stands at 1-0.

In an email to *The Phillipian*, Head Coach John Roberts highlighted three areas of discipline for players centering conditioning and technical drills. "A combination of fitness/strength, more disciplined choice of shot and keeping our unforced errors to a minimum. All [three] go hand in hand so that's been the focus of practices thus far. There wasn't [anything] specific

for this match. We've only had one week of practice so it's been mostly about getting the lineup sorted and squeezing drills in where we can," wrote Coach Roberts.

According to Bryce Farr '23, Andover will focus on enhancing its skills for its upcoming matchup against Deerfield. For the 2021-2022 season, Deerfield held a 14-6 and ended as the fourth seed team in the New England.

Farr said, "I think we went into this match projected to heavily win, so I think the team, they went to their matches with the mindset that we wanted to practice what we've been working on in practices prior to this match, in order to better prepare for our match this weekend,"

Coach Roberts reiterated the importance of a strong start to the season to better prepare Andover for this season's upcoming competitive matches.

"From start to finish, [the team] didn't take their foot off the gas and didn't give them any easy points or unforced errors. We have 3 tough matches before winter break against strong opponents. We wanted to be clinical here and try [to] build momentum for Saturday which is going to be a really hard match away to Deerfield," Coach Roberts wrote.

Additionally, other forms of preparation include challenge matches to maximize Andover's victories, according to Farr. These matches will be played to determine an established lineup.

"Deerfield has a really strong lineup. Their top three are really strong, so we're trying to solidify our ladder at the bottom spots so four, five, six, and seven spots. I think we're probably gonna have a few challenge matches before that to make sure that we have the correct lineup and the best chance of winning possible," said Farr.

Corey Shen '26 explained lack of composure at times during the Belmont Hill match. Shen emphasized the importance of staying poised to avoid incidental mistakes that could cost the team points.

"Right now...some of us will get too frustrated after losing consecutive points, or if we start losing consecutive wins. We don't know how to start [to] adapt, so our opponent kind of beat us with that," said Shen.

Boys Squash will play Deerfield this Saturday.

Meg Stineman
Dec 8, 2022

Boys Squash Falls Short to Deerfield Academy, Comes Back with Sweep Over Milton



Andover Boys Squash headed out west to face Deerfield on Saturday but fell short with a final score of 3-4. After reassessing its play and working on skill, strategy, and fitness, the team came back strong and swept Milton 7-0 at home on Wednesday. Andover's record now stands at 2-1. According to Christian Graziano '25, leading up to the game against Deerfield, working on mentality was a key strategy. Graziano explained how preparation in squash differs from other sports.

"Unlike a lot of other sports, [in] squash, you already know who you're going up against. There's no defender switches or stuff like that. It's just one-on-one, you and your opponent out there. We were just working on our mental game and our strategic game [leading up to the Deerfield game]," said Graziano.

Due to the individual nature of squash, the team does its best to connect outside of the courts and improve team camaraderie, according to Avery Lin '25.

"It's kind of tough [to stay connected] because even within the team, we're always competing against each other to move up and down the ladder or the position on the team, but it's pretty light hearted. I think the team this year, we're super young. Most of us are freshmen and lowers, so we're all just taking it easy. It's just pretty fun because we have team dinners and stuff like that. So as a team, we're super close," said Lin.

On Wednesday, the team not only drew off of each other's energy, but also the energy from its home fans.

According to Sean-Winston Luo '24, the team's familiarity of Andover's courts paired with the support coming from friends played a large role in how the team performed.

"The convenience of walking in and going to play squash is [of] a more comfortable feeling. For Deerfield you have to drive two hours, you're sitting in the car for a long time, and ultimately, to be more familiar with the Andover courts helps and having your friends watching...home energy does help, for sure," said Luo.

Graziano described how the team has an accountability system where teammates coach one another. He believes this to be beneficial because everyone picks up on different skills which make the team stronger.

"We all coach each other, that's pretty big. You cheer for your team a lot because there's theoretically eight players — seven players that count, but eight players on a true varsity team, and at a time, four are playing, the other four are sitting off. You have to do your best to cheer each other on while you're out there, but coaching each other is really important because that's when you get together after the game and see what you felt as a player. If you're a spectator you say what you saw there, and you try and put your ideas together and get the next game," said Graziano.

After the team's number two seed player got sick, other members had to step up for the Wednesday match against Milton. Luo highlighted the performance of Corey Shen '26.

"Good performance by our freshmen, Corey. Everyone needed to step up today because our other freshmen Aiden [Chiang '26], who plays number two usually, he's a little bit sick, so everyone needed to step up. Good playing by the bottom people on the bottom ladder. They're not usually playing in those varsity matches, but they stepped up today and came out today," said Luo.

According to Graziano, looking ahead, the team hopes to work on using skill to its advantage, especially during more challenging meets.

"In the future, when we have some harder matches, we have to play a little bit smarter. That was our problem this weekend...we have to stay really disciplined to our strategy, which will hopefully bring us success. Again, we're a young team, so we have a lot to grow," said Graziano.

Andover Boys Squash will face Choate away on January 7.

Angie Lucia

Dec 15, 2022

Boys Squash Defeats Choate and Sweeps Brooks



Despite missing four players, Andover Boys Squash defeated Choate 5-2 on Saturday and swept Brooks 7-0 the next day. The team's record now stands at 3-2.

Due to sickness and injury, the team was forced to adjust its lineup. Avery Lin '25 highlighted the team's mental fortitude heading into the matches.

"I think it was mostly a mental preparation. Since we knew more than half of our team was not going to be playing, we had to step up to the challenge. Even though we were playing four positions higher than we normally would, our

team was pumped and confident in our abilities. At this point, our team is at a level where we can step up, and we proved that against Choate yesterday even though we were down so many players," said Lin.

During practices, the team focused on replicating in-game scenarios and getting back in to shape, according to Will Weissman '25.

Weissman said, "We only had two days before these matches, so we were mostly trying to get back our form from before the break. We worked on match play and tried to get prepared for what it would be like in a higher intensity game. We knew our fitness level would play an important role in sustaining our level of play throughout each game."

Winning both matches even with a new lineup, the team saw formidable play across its whole roster. Jaden Chyu '23 highlighted the play of Lin, who won his number three seed game despite typically playing seventh.

"Overall our victory over Choate was mostly a team effort, but I think Avery Lin had a last game, helping us secure a 5-2 win. He was the only one to win a match in the top three which I was impressed with," said Chyu.

The victory against Choate was a determinant for Andover's New England's seeding. Lin appreciated Weissman's strong performance, which was critical for the team's success.

"I think Will played the most important match. We were down four players and we were all very tired, but we needed to secure the Choate win to be able to have a good seeding for New England's. Will had the deciding match for our team. After five games he clutched up in the end and his win pretty much set our team up for the rest of the matches," said Lin.

Being down four players required the team to prioritize playing with confidence and showing support for each other. Lin believed that the external motivation was pivotal to the team's success.

"After we played, we immediately cheered on our teammates, and I think that is really important at away matches when the entire crowd is against you. The only support we can get is from our own teammates in those scenarios. When I was playing, I felt like my teammates were there for me."

Across both games, the team was able to identify various areas for improvement. Moving forward, the team is looking to increase its stamina and regain its form coming off of winter break, according to Chyu.

"I think it will be important to keep working on our fitness because of how crucial it is for sustaining our rhythm in games. Getting back into our regular form and making sure nobody gets injured or sick will prevent future loss of players," said Chyu.

Andover Boys Squash will face Groton at home this Friday.

Henry Snow

Jan 13, 2023

Boys Squash Wins Two ahead of Big Match against Rival Hotchkiss

5.81 rated Christian Graziano '25 went up early against Tabor's 6.61 rated Juan Jose Torres '24, winning his first two sets, but ultimately lost 3-2. Andover would regain as a team, defeating Tabor 4-3. With its earlier 7-0 sweep against Groton on Friday, the team's record now stands at 6-2.

Tabor's Torres is currently rated as the number one player in the U.S. for highschool boys. Co-Captain Aidan Lin '23 commended Graziano's strong effort on the court.

"Today he played one of the best under-19 players in the world. The player that he played won the US [Junior] Open recently, so he really is one of the best juniors in the world, and Christian went to five [games] with him, winning the first two games, and that's really impressive," said Lin.

According to Sean-Winston Luo '24, the match against Tabor was particularly challenging for the top three players on the team. While none of Andover's top three players were able to win, the team was able to win the remainder of the matches, earning a victory.

"We beat Tabor 4-3, and it's mainly just because their top three players are super super good. They have international recruits from Egypt and Columbia, so our top three lost. I lost, but our bottom four was able to win," said Luo.

During practices leading up to the games, the team prioritized improving its fitness. According to Lin, a large reason the team was able to secure two wins was because of its stamina on the court.

Lin said, "A big thing we've been working on these past few weeks has been fitness. Before the break we realized we didn't have enough fitness on the team, so we're doing a lot of court sprints, footwork drills, strength training, and that really showed through today, especially in our harder matches."

Luo expressed the team's confidence heading into its upcoming match against Noble and Greenough, and he looks forward to team's matchup against its rival Hotchkiss.

Luo said, "This week was just a super stacked week, we played Tabor today, and Friday we're away at Nobles. I'm not really looking forward to that, it's going to be a pretty easy match, but this weekend at home we play Hopkins and Hotchkiss. Hotchkiss is one of our biggest rivals, a lot of the players on our team have a little beef with them, so it should be a really good match, we're hoping to draw a big crowd."

Heading into the match against Hotchkiss, Alexander Yang '26 hopes to improve upon his shot variety.

"I think being able to utilize a wider range of shot selections, because shot selection is often very important in squash, and most of the times it's even more important than the quality of the shot, so I think definitely being smart about where you play the ball and how you play the ball, I think that's something I have to work on," said Yang.

Andover will face Nobles away on Friday and Hopkins and Hotchkiss in a double-header at home on Saturday.

Tristan Marnoto

Jan 20, 2023

Boys Squash Sweeps Noble and Greenough, Takes Thrilling Win over Hotchkiss, Defeats St. Paul's



Andover Boys Squash had a successful week, sweeping Noble and Greenough this past Friday 7-0 and defeating its rival, Hotchkiss, 4-3 the following day. Andover then went on to beat St. Paul's 5-2 on Wednesday. The team's record now stands at 10-2.

According to Jaden Chyu '23, the match against Hotchkiss was one of the most entertaining matches of the entire season, due to the intensity and competitiveness in the match.

"When we played Hotchkiss, it was definitely one of the highlight matches of the season. Just going in, they were one of the toughest schools we will face during the season and we're just really good rivals with them. Even before going into the game, we were really hyped to face them, but then we did have a missing player Christian Graziano. He's our number one. We were still able to pull off a clutch victory 4-3 over them which was really nice," said Chyu.

Sean-Winston Luo '24 agreed, stating that Hotchkiss was an important match, particularly because the teams do not get along. Additionally, Luo noted that the match against Nobles was more of a tune up for the big match of the weekend against Hotchkiss.

Luo said, "The highlight was Hotchkiss, and we've been having a rivalry with them for a while because we recruit a lot of the same kids. We have beef with a lot of the kids on the team there, so that was a really good win, 4-3. A lot of the boys pulled off really close matches. I went up two against some kid that was way better than me, so that was a huge win. Then our four had a really big win as well, Bryce Farr [23]. Nobles was kind of just like a warm up match. I think we won 7-0 and we were away, so that was a really good win as well. But, overall Hotchkiss was a huge win that kind of helps our seeding for New England's which is coming up." Chyu highlighted Luo as a player that fought impressively on the court against Hotchkiss. Chyu mentioned that without Luo's efforts, the team wouldn't have ended up on top of its opponents.

"I want to give a shoutout to [Sean-Winston Luo]. He stepped up against a completely tough matchup with a really strong player. Without his victory, we would've lost 4-3, so the tie of the game itself could've turned so quickly, so fast. We were up three-love in terms of the game at the start. In the end we beat them barely, 4-3, because they're a really tough competitor. I just want to commend [my] teammates for holding focus and just keeping focus throughout the game so just cheering for each other until the very end," Chyu said.

With many players out due to injuries in the weeks prior, Andover was sure to bring the intensity and drive to Saturday's match, according to Avery Lin '25. Lin highlighted Chyu as a team member that stood out during the meet.

Lin said, "We focused on our mentality. We knew it was going to be a hard match... I think one person that shone through was Jaden Chyu. He became a real leader on this team. Bringing in the crowd and just upping our general morale."

According to Luo, the team has been working on maintaining stamina during practices, a key skill that is essential for any match, and particularly important in a match as competitive as the one against Hotchkiss.

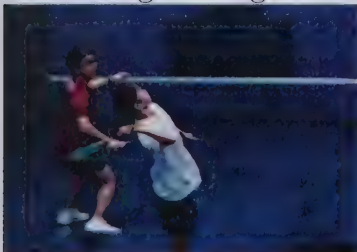
"I think we've been working a lot on endurance, especially because we've been playing a lot of matches. We can't really get tired so we've been doing a lot of fitness, endurance type of stuff in practice," said Luo.

Andover will face Choate away this Saturday.

Evie Wood

Jan 27, 2023

After Strong Wins Against Choate, Westminster, and Belmont Hill, Boys Squash Sweeps Exeter 7-0



Andover Boys Squash beat Choate 6-1, Westminster 7-0, and maintained its momentum to beat Phillips Exeter Academy (Exeter) 7-0 on Wednesday. Andover's record now stands at 12-2.

Going into the event, Will Weissman '25 noted how quiet the environment surrounding the matches was. Although it is usually more lively, Weissman respected the team's efforts to support each other throughout the event, helping maintain their confidence and energy.

"There was high energy going into the day from the team. However, the environment of the event was quieter as there weren't many spectators. We were able to feed off each other to fire ourselves up," Weissman said.

During the practices leading up to the event, the coaches made sure players prioritized rest in the wake of a long week of work, according to Corey Shen '26. This ensured that the players would be in their best headspace before the matches.

Shen said, "Before going to Choate, we all made sure we were well-rested and in good spirits for the match. Having gone through a tough week of school full of tests, Coach Roberts told us to get some rest." Additionally, the team worked on consistency, according to Sean Winston Luo '24. He emphasized the significance of keeping up the team's effort and energy levels despite having played numerous games over the past several weeks.

Luo said, "We worked mostly on staying consistent. Over the past few weeks, we have had many matches which have tired us out, so we are trying to stay healthy and keep up our intensity despite feeling a bit dragged from the past few games."

Although there are many strengths of the team, Shen highlighted the team's uplifting spirit as a crucial factor for success. He believed that the strong sense of unity and positive energy between teammates has been an important factor in their success.

"During our match, many of the player's parents came to cheer us on and bring us food in between our matches. Our morale was significantly boosted because of this and we all cheered each other on," said Shen. Additionally, Weissman highlighted Chase Burke '25's performances over the weekend. Despite the pressure that was placed on him, Burke ended up winning both of his games.

"One of the first people who comes to mind is Chase Burke, who helped out the team on our longest away match of the year. He was called up to play a few days ago and really stepped up, winning both of his matches," Weissman said.

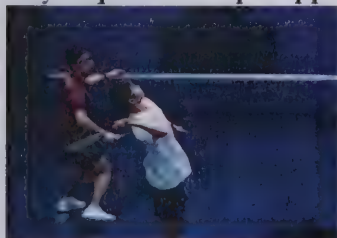
Across all three games, the team was able to identify several areas for improvement. Moving forward, the team looks to better their movement, energy, and shot-making, according to Weissman.

Weissman said, "Since we had two matches in one day, many of us were low on energy and not very fired up. Although we can't change the format so we don't have back-to-back matches, we could have used the time in between to better prepare. Another weakness was our shot length throughout the matches. Since the courts are different than we are used to, the quality of our length shots was not at the level it needed to be at."

Andover Boys Squash will face St. George's at home this Wednesday.

Henry Snow
Feb 3, 2023

Boys Squash Sweeps Opponents for Third Match in a Row



Andover Boys Squash celebrated Senior Night on Wednesday with a 7-0 victory over St. George's. This was Andover's 11th win in a row, and its last home match of the season. Andover's record now stands at 14-2.

Aiden Chiang '26 highlighted how dominant Andover was across the board on Wednesday. Through seven matches, the team only dropped one of the 22 sets that it played.

"It went pretty well, we only dropped one game today. And [the] rest of the matches, everyone won all three games today, so that was pretty good... One

of the players on our team started hitting some errors, but he managed to win in four games, which is still pretty good," said Chiang.

While one teammate is playing in squash, another referees the match simultaneously and provides insight to their teammate. During Chiang's match, Will Weissman '25 shared his insights with Chiang, and ultimately helped him secure the victory.

"So usually, the player refing the match coaches you, and I guess they kind of want you to see what you're doing wrong... And I feel like the information that they give you is always really helpful. Like today during the match I think Will, another player on the team, was coaching me and he told me to hit my shots deeper and tighter and that definitely helped me in the second game," said Chiang.

Sean-Winston Luo '24 acknowledged the efforts of Christian Graziano '25, the team's number one seed player. He admired Graziano's humble character and commendable sportsmanship during his matches.

"The big shot I have is this kid named Christian Graziano. He's been a really good sport lately, and I'm very proud of [him]. So in his matches, he's been very fair with his referee decisions, [and] has been purposely giving us really good decisions. He's also been very respectful towards opponents. And a lot of times we're playing opponents that are worse than him, and he's been very courteous to them and not just like messing around, but actually taking it seriously and giving everyone opportunities to improve," said Luo.

With the team heading into the New England Interscholastic Squash Association (NEISA) tournament, Alexander Yang '26 emphasized the importance of improving the team's fitness levels. Yang reiterated Head Coach John Roberts' points on maintaining stamina as the team heads into its championship matches.

"I would definitely say this week, our coach is stressing out that we do...more fitness because you obviously get back to back matches and we're actually playing tough matches and top players from other schools. It

would definitely help us if we just have a more consistent and stronger fitness level so that we can sustain for longer and play at a relatively good level for a longer amount of time,” said Yang.

Luo elaborated on the different drills the team has worked on to help improve athleticism. Techniques such as ghosting and using medicine balls are some of the approaches in improving strength, according to Luo. “We do a lot of this thing called ‘Ghosting,’ where we play shots without hitting with the ball. So really a lot of movement, trying to increase our movement speed. We do this thing where it’s called ‘Ten Touches,’ which is where you run back and forth on the court and touch the ten, which is the front of the court and the shuffling back as fast as possible. So we’ve been doing that a lot, doing some off-court fitness with the medicine balls that have sort of outlines within it,” said Luo.

As of now, Andover is placed as the fourth seed in New England’s Class A Division. After placing sixth last year, the team hopes to get ranked higher in the top four. As for the Nationals, Andover hopes to get top eight this year, breaking its previous record of 11th place.

“I think we probably have the best team set up in a while. We’re trying to break some new boundaries. In England’s, top four place in, which the school has never done before. Our best seating place in Nationals is number 11, and we’re seated top eight this year. So we’re hoping to break our previous record, which we set last year,” said Luo.

Andover Boys Squash will compete at the NEISA Championships this Saturday.

Nabilah Nazar

Feb 10, 2023

Boys Squash Beats Exeter 8-0 After Placing Fourth at NEPSAC

This past weekend, Boys Squash headed to Phillips Exeter Academy (Exeter) to compete at New England Preparatory School Athletic Council (NEPSAC). Ultimately, the team placed fourth. On Wednesday, the team beat Exeter 8-0. The team’s record currently stands at 15-2.

Sean Winston Lou ’24 highlighted a particular senior on the team that had a strong performance against Exeter on Wednesday. Lou believed it was a great way for the Senior to complete his last season as Andover, as the Senior won his final match.

“A lot of the Seniors weren’t able to play, and there was only one Senior actually playing and he had a really close match. His match was the final match, and it was really fun to have everyone there, everyone on the team, cheering him on. He ended up winning in the end. I think it was a good send-off for his last Senior match,” said Luo.

Christian Graziano ’25 described the weekend’s matches and the team’s disappointment in their loss to St. Paul’s on Sunday. The loss led to the fourth place placement, in which Graziano felt the team could have placed higher.

“I’d say it was a very average weekend. Our rival is Hotchkiss, that’s kind of like our squash rival because we’re very equally matched with them. We all played very well on Saturday morning, played well in discipline, and we beat Hotchkiss 5-2. [We] were feeling good about that. And then Saturday night, we played the national champions from last year, Kent. Kent has some very talented players. They swepted us, but this was after we were in Class A’s, and made the semi-finals. And this morning [Sunday morning] we were very upset at our performance. We played St. Paul’s, we were higher seeded than they were and we should have won that but we ended up losing,” said Graziano.

Corey Shen ’26 confirmed Graziano’s sentiment that the team could have done better and beaten St. Paul’s on Sunday.

“Our team did pretty well, we got fourth place overall in New England’s. We definitely could have done better, but the matches were pretty tight, and so we lost against St. Paul’s for the three/four play-off. It was definitely a match we could have won, but there’s no sweat because we’ll be playing them at Nationals,” said Shen.

However, Shen highlighted Will Weissman ’25 as a player who did exceptionally well against St. Paul’s. Not only did Weissman play higher than his seed, but he also beat his opponent in all three games, shocking not only the team but his opponent as well.

Shen said, “Against St. Paul’s Will Weissman, he played number six, but he’s our number seven seed. He played very well. He played [the same] opponent he played not too long ago... where he actually went to five sets with and that was a very tight match. But I don’t know what happened to Will, but he was popping off and playing very well, and he beat his opponent in three games. Everyone was stunned and even his opponent was shocked at how well Will played.”

With the season coming to an end, Lou described the team’s strong efforts throughout the season and his immense pride in all of them. As Nationals approaches, Andover will be up against St. Paul’s once again, giving the team another chance, as Lou stated.

Luo said, "I'm really proud of the boys this season. I think we've done a really great job, I think our personal best. I think we're like 15 and two, which is a great record. Looking forward we have Nationals coming up and a really tight first round match against the tenth seed, St. Paul's, and they just beat us this past weekend. So we have to be careful there but I'm hoping we'll do well in Nationals against some really tough competition."

Boys Squash will continue to play at Nationals until Sunday.

Sophia Cratty

Feb 24, 2023

Girls Varsity Squash

2022-23

Head Coach: Deb Chase

Assistant Coach:

Captain: Migyu Kim

Managers: Ellie Cho & Cristopher Ramnath

Overall Season Record

Win	Loss	Tie
9	4	

2023 NEISA Champions

2023 US High School Nationals Champions

Letter Winners: Shreya Bajaj, Devika H. Hajarnavis, Ellie S. Israelov, Migyu Kim, Prisha Shivani, Karen S. Wang, Christina F. Yen, & Liz C. Zhao

Award Winner:

WOMEN'S SQUASH TROPHY - Christina F. Yen

Girls Squash

2022-23 Schedule and Results

Sat	12/03/2022	Squash GV	Milton	A	3:15 PM	3-4		L	
Sat	12/10/2022	Squash GV	Groton tourney	A	12:00 PM				
Wed	12/14/2022	Squash GV	St. George's	A	4:00 PM	7-0	W		
Sat	01/07/2023	Squash GV	Choate	A	12:00 PM	4-3	W		
Wed	01/11/2023	Squash GV	Winsor	H	4:30 PM	1-6		L	Snyder Center
Sat	01/14/2023	Squash GV	Taft/Loomis/PEA	H	3:30 PM	7-0, 6-1	WW		Snyder Center
Wed	01/18/2023	Squash GV	Tabor	H	3:45 PM	5-2	W		Snyder Center
Sat	01/21/2023	Squash GV	Exeter	A	3:15 PM	6-1	W		
Wed	01/25/2023	Squash GV	St. Paul's	A	3:15 PM	1-6		L	
Fri	01/27/2023	Squash GV	Groton	A	4:30 PM	7-0	W		
Wed	02/01/2023	Squash GV	Noble & Greenough	A	3:15 PM	3-4		L	
Wed	02/08/2023	Squash GV	Middlesex	A	3:15 PM				
Sat	02/11/2023	Squash GV	Deerfield	A	4:15 PM	5-2	W		
Fri	02/17/2023	Squash GV	NEISA	A	5:00 PM	Champions			at Dr
Sat	02/18/2023	Squash GV	NEISA	A	9:00 AM				at Dr
Sun	02/19/2023	Squash GV	NEISA	A	12:00 PM				at Dr
Wed	02/22/2023	Squash GV	Exeter	H	3:15 PM	7-0	W		Snyder Center
Thu	02/23- 26/2023	Squash GV	high school nationals	A	6:00 PM	Champions			Philly

Girls Squash

2021-22 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Shreya Bajaj	2023	Reading, MA
Devika H. Hajarnavis	2026	Dubai, UAE
Ellie S. Israelov	2025	New Canaan, CT
Migyu Kim	2025	Berwyn, CT
Prisha Shivani	2026	Houston, TX
Karen S. Wang	2023	Princeton Junction, NJ
Christina F. Yen	2024	Andover, MA
Liz C. Zhao	2024	Princeton Junction, NJ

*Captain

Coach: Deb Chase
Managers: Ellie Cho '23, Cristopher Ramnath '23

Girls Squash In the News

Girls Squash Falls Short to Milton in Season Opener

In its season opening match, Andover Girls Squash fell short to Milton 3-4. Andover's record now stands at 0-1.

In the few practices leading up to the match, the team focused on improving its fitness on the court.

According to Liz Zhao '24, certain workouts left some players feeling sore.

"We only had a couple days of practice before our match this time, so we worked a lot on fitness because, coming into the season, a lot of us had not really done that much exercise. We had to work on our cardio and especially our endurance. To do that we would often run up and down the stairs in [The] Snyder [Center] which made many of us sore coming into the match," Zhao said.

Prisha Shivani '26 noted confidence as one of the team's core strengths leading up to the game. Shivani emphasized the importance of being confident in each other as well as yourself, especially since squash is an individual sport.

Shivani said, "Confidence was one of our strengths because going into the first match of the season we all went into it thinking we should all have fun. Squash is not a team sport, rather everyone plays individually which adds up to the score so it was important that everyone was cheering each other on."

According to Zhao, the matches started off slow for Andover. However, Zhao was impressed by the team's persistence and composure despite how tough its competition was.

"One important moment that I thought about was a common theme throughout the entire match where the opponent hits a really good shot that we don't expect our teammate to get, but somehow makes the effort to get the ball and puts a lot of pressure on the opponent. For example, our number one, [Co-Captain] Migyu [Kim '25], was playing a girl that was ranked very high nationally, maybe even internationally, she is good enough to be a pro player. Most of the shots that she hit were incredible and Migyu was able to return many of her shots which was very inspiring," said Zhao.

Kim highlighted Devika Hajarnavis '26, noting her spirit and ability. Despite playing her first match with Andover this past weekend, Hajarnavis maintained a strong attitude, according to Kim.

"I think one of the Freshmen, Devika Hajarnavis, stood out today because it was her first match with Andover. Even though it might have been a nerve-racking situation, she came in with a really great attitude and was enthusiastic. I really appreciated her energy despite any nerves she could have been feeling," said Kim.

Despite the loss, the team was able to identify various areas for improvement within its game. According to Kim, the team will be focusing on its serve returns and general mechanics.

"For the upcoming week, we had one very specific thing that we talked about which is practicing the return of serve because that caught us in a lot of situations. The return of serve starts off the point which is a very crucial part of the game so it is something that we are going to work on this coming week as well as footwork and movement in general," said Kim.

Andover Girls Squash will face Groton away on Saturday and St. George's away on Wednesday.

Henry Snow

Dec 8, 2022

Girls Squash Continues Winning Streak After Defeating St. George's following Groton Invitational

Girls Squash dominated the Groton Invitational last Saturday, placing second overall. The team's starting streak continued over to their match on Wednesday against St. Paul's, in which it won 8-0. Its record currently stands at 1-0-1.

Co-Captain Migyu Kim '25 emphasized the intensity and enjoyment level the team experienced. She attributed this to the unique "hot court system," which quickened the pace of the meet.

“It wasn’t necessarily a single match against Groton; they called it the Groton Invitational tournament. There were six schools — it was Brooks, Groton, [Phillips Exeter Academy], Nobles [and Greenough], St. George’s, and us. [It] was really interesting because it was kind of a hot court system, and there were a lot of different, unique things that they put in place. You would play best of three instead of best of five games. [Right] after a court would open up, you and your opponent would hop on to the next court based on the match number. [It] was a lot of fun, and there were a lot of teams there but it was also really intense because each person was ensured four matches, or even five, so it was really fast paced and [there was] a lot of playing,” said Kim. Liz Zhao ’24 highlighted two crucial players at the Groton Invitation: Devika Hajarnavis ’26 and Kim. According to Zhao, both played exceptionally well, overcoming mental pressure and hardships during their matches.

“One player that stood out to me was Devika Hajarnavis who played number seven in the invitation. She had to fight through a lot of tough matches in which she and the opponent were neck and neck, and the matches were quite long. It’s not easy to do with that kind of mental pressure and I applaud her for doing as well as she did. And of course, Migyu, who won the entire invitational also deserves a mention. She didn’t even drop a game throughout any of her four matches, which is incredible,” said Zhao.

Kim highlighted her appreciation for the team’s high energy and spirits through a tough tournament testing fitness levels and focus. She notes that the team supported each other exceptionally well.

“I think the team performed really, really well, especially because it wasn’t necessarily determined in the win-loss kind of way and more in the total points that you collected as a team. I think it really allowed for the players to get the match experience without a lot of pressure. The team really flourished in that kind of scenario. Because there were so many matches, it really tested fitness and focus. I think that the team performed really well despite being tired in the last couple games. I really just appreciated their enthusiasm and energy. I think that the team played really well overall,” said Kim.

Despite Girls Squash’s lapse in focus after a long bus ride to St. George’s on Wednesday, Shreya Bajaj ’23 emphasized the team’s dominance and crucial comeback moments. Girls Squash controlled the courts and cheered on their teammates with enthusiasm.

“I think there were some really great comeback moments in some of the matches — even though we won, many of us felt we may not have played our best because we had to travel two plus hours to get to St. George’s and felt a bit unfocused after the bus ride. However, the support was great and since we were just working on hitting each individual shot well and playing our best during each point, we were able to turn some games around and maintain focus during games where people were winning,” said Bajaj.

The team anticipates a restful yet productive break ahead of them, continuing to train on their own and work hard on the more individual aspects of their game, according to Zhao.

“I think during the upcoming break, the team will train by themselves, take the time to train their own weakest aspects individually and focus on their own game and come back stronger and ready to take on the rest of the season. I know I’m extremely hyped up after how exciting and fun the invitational was and I think the rest of the team probably feels the same way. I know many of us are going to continue training over the break and by the time we come back, I’m sure everyone will be ready to continue playing matches,” said Zhao.

Girls Squash looks forward to facing off Choate on January 7 after returning from break.

Sophia Cratty
Dec 15, 2022

Girls Squash Edges Out Choate with Tie-Breaker, “Getting Back Into the Groove”



A 3-1 individual win by Liz Zhao ’24 broke the tie between Andover Girls Squash and Choate on Saturday. The 4-3 team win was followed by a 6-1 loss to Winsor four days later, bringing the team’s record to 2-2.

Andover faced the team of former Head Coach Jennifer Elliott ’94 on Saturday. Despite anticipating a greater margin of victory over Choate, the team utilized the matchup as a rust-buster, according to Christina Yen ’24.

“We went in with a pretty positive attitude, and we were all really prepared.... It was a little bit trying to get the dust off, but at the same time I

think we all came in pretty confident about where we were going. [The game was] a little bit closer than what we were looking at, but I think overall we learned some pretty important lessons from it,” said Wen.

On top of Zhao’s tie-break victory, Co-Captain Migyu Kim ’25 highlighted Yen’s performance under pressure. Refereeing the game, Kim noticed Yen’s ability to stay calm against Choate’s first seed.

“Christina’s opponent had all her friends there, cheering for her, screaming, everything. And usually the situations can be really stressful and overwhelming, but it was really really respectable to see Christina keep

her cool and make sure that she was just staying focused on what was going on inside the court, and I felt really proud of her and a lot of respect for her,” said Kim.

Yen described the team’s efforts to get back to routine after its return from winter break. The team focused on movement through ghosting and high-intensity partner sessions, according to Yen.

“Since we only had two days since we came back, what we were really working on is tactics more or less.

What situation we want to hit, what certain type of shot... practicing more how we should hit under certain situations. So we were creating conditions for those types of situations,” said Yen.

As one of two Juniors on the team, Prisha Shivani ’26 appreciated the team’s supportive and welcoming environment. Shivani believes the team’s camaraderie was a defining factor in Saturday’s success.

“I feel like we work together as a team really well, even though squash isn’t a team sport. We’re really able to cheer each other on and provide help for the people in matches,” said Shivani.

The team entered its home-opener against Winsor on Wednesday with a willingness to learn. Despite the loss, the team’s growth mindset allowed it to maintain focus and support one another, according to Kim.

“Overall I really appreciated the team’s mindset going into it because it’s really easy when faced with a tough opponent to just be like, ‘Oh, I don’t care, there’s no point.’ But I really appreciated how everyone went and changed their mindset and decided to focus on, ‘You know what, I’m going to make the best out of this experience, and play the best I can to learn something from it,’” said Kim.

Kim acknowledged the team’s need to focus on individual technique. Overall, however, the team looks to improve on stamina in order to maintain intensity and quality in longer matches.

“Each match is a different learning experience that the players can see what they want to work on. So we’ll probably take that and think about the different tactical and technical things that each of us individually want to work on in the coming day.... Probably just consistently work on fitness and quality of shots just overall on top of our individual improvements,” said Kim.

Andover Girls Squash will host Taft Academy, Phillips Exeter Academy, and Loomis Chaffee on Saturday, alongside hosting Tabor on Wednesday.

Evie Wood

Jan 13, 2023

Girls Squash Defeats Taft and Loomis, Continuing its Winning Streak

Girls Squash defeated Taft 7-1 and Loomis 6-2 on Saturday and continued the streak by beating Tabor 5-2 on Wednesday. Their current record stands at 5-0-2.

Prisha Shivani ’26 highlighted the team’s stamina, which contributed to both of its wins. Andover dominated against both Taft and Loomis, demonstrating extraordinary determination and strength, according to Shivani. “I’d say we performed really well. This is the second game [we] had to play multiple matches so I would say it took a lot of stamina and it lasted a long time but we kept really high energy and I think we did great,” said Shivani.

Christina Yen ’24 noted the changes that were made after Saturday’s games. She emphasized two teammates, Karen Wang ’23 and Migyu Kim ’25, that have shown great improvement since the start of the season.

Yen said, “I know we won overall, but it’s not only just the results I’m referring to. As I was watching some of my teammates play, I noticed some significant improvements and adjustments that people were making to their game from last Saturday, especially the mental aspect. We’ve had quite a few breaks during the Winter term, but it seems like our team is really starting to settle down for the upcoming competitive season. For example, my teammate, Karen, looked the most concentrated I’ve seen her since the season started. My other teammate, Migyu really made improvements to her mental game, and looked really relaxed and calm on court despite playing as the underdog. Her performance was also one of the best I’ve seen since the season started.”

Devika Hajarnavis ’26 received a shout-out from Shreya Bajaj ’23, who pointed out Hajarnavis’s grit after she lost her first match and came back to win her second on Saturday. Bajaj emphasized her admiration Hajarnavis’s consistent energy.

“I think everyone did such a great job on Saturday. In particular, I was really inspired by Devika Hajarnavis. She lost her match against Loomis but won against Taft. Both of her matches went to five games, so she was playing for a long time. Since we had two matches, we were all tired by the second match, so I was just impressed by how she continued to give it her all, even after losing in a close first [match],” said Bajaj. Bajaj herself also received compliments from Shivani. Bajaj was Shivani’s referee for her matches on Saturday, and she identified Bajaj as a main motivator, getting her through her matches. Shivani pointed out Bajaj’s spirit during the matches and the immense support and encouragement she felt from her teammate.

“[Shreya] was the person who [reffed me] and then [I reffed] her. She played really well but I’d also like to point out that she was really spirited and encouraging for me especially. She was guiding me between matches and she really helped me focus before my next match and gave me guidance on what I needed to do better,” said Shivani.

For the upcoming weeks, Yen explained that the team will not focus on merely one skill. She noted that all players have a variety of strengths and weaknesses, so it is difficult to pinpoint exactly what the team will focus on.

“Looking forward, it’s hard to say what exactly we’ll be working on, since a lot of our players have widely different styles, but what I’ve been hearing from Coach Chase is that we might focus more on our ability to volley shots in order to improve our overall offensive capabilities,” said Yen.

Andover will be playing Exeter this Saturday.

Sophia Cratty

Jan 20, 2023

Girls Varsity Squash Co-Captain Migyu Kim '25 Creates an Inclusive Environment Where Teammates Can Grow



From her first time picking up a racket, to matches with the athletic center’s elderly members, to becoming Co-Captain of her current team, Migyu Kim ’25 has managed to not only improve her skills as a squash player, but hone her ability to lead and foster a supportive team environment.

Growing up in an area without many opportunities to pursue squash, Kim had to learn self-discipline at a young age. Kim would often have inconsistent training partners and coaches, leading her to be adaptable and self-motivated

on and off the court.

“Every single time that I get a coach they all have different styles and different techniques that I have to adapt to. Also, it helped with my self motivation because there weren’t other kids around me to really make me feel competitive or motivated. It definitely helped me think about and be committed to my own goal and continue to work towards it,” said Kim.

Kim now takes her internal motivation and uses it to inspire her teammates. Shreya Bajaj ’23 noted how Kim’s pre-match talks, along with how she leads by example, help each individual on the team grow.

“I think it’s very much setting a good example and then motivating us all as a group. She works really hard on the court, and is always very present in practice [which] gets us to also do the same. She also gives lots of words of encouragement and motivational talks before games,” said Bajaj.

According to teammate Christina Yen ’24, Kim practices how she plays. Kim shows up present and focused while also bringing positive energy to every practice.

“After our coach mentions a drill, she might add a few more details about what we could focus on and she’s very good at giving advice to people. She’s also really positive, always an upbeat kind of person. Whenever she’s on the court, you can definitely see that she’s focused, that she has a purpose. It’s very easy in practice to just go through the motions of things, but I think that whenever she’s at practice, she’s always very attentive, and there’s a plan about how she’s going about doing things,” said Yen.

The transition from a mostly solo career to a team at Andover allowed Kim the opportunity to develop her collaboration skills and bond with others about squash. Kim hopes to continue fostering an environment for a connected team that is built on a foundation of trust.

“For me, when I came here freshman year, I had never been in that environment where it felt so supportive, and trusting in such a small group of people. Because we’re a team of eight, it really allows for a lot of closeness to be built among the teammates. I just want to continue making sure that everyone’s positive, and looking after each other, and showing up for one another,” said Kim.

Despite only being a Lower, Kim has already made an impact on the team. Bajaj recalls how Kim’s genuine care for her teammates’ well-being creates an inclusive environment where everyone feels accepted and heard.

“Before practice, she’ll talk to all of us and ask us how our day is going, so that just creates a sense of community and like belonging on the team. During warmups and stuff, she’ll talk to us, we’ll do circles while we’re stretching, and she’ll ask us to go around and say one thing either that we’re going to work on in the upcoming match or something fun that we did over the weekend. That just makes it so that we all feel like we belong on the team,” said Bajaj.

Angie Lucia

Feb 3, 2023

Co-Captain Karen Wang '23 Inspires and Builds Spirit on Girls Varsity Squash



As a 2021-2022 U.S. Squash Scholar Athlete, Co-Captain Karen Wang '23 has been described as both a “stabilizing force” and an aggressive player by her teammates. Beginning her athletic career as a competitive fencer, Wang’s transition to squash was unexpected, yet her passion for the sport grew profoundly.

When she began playing at Andover, the unexpected camaraderie among the team helped Wang see the group aspect of an individualized sport.

“Coming to Andover, I had the amazing opportunity to be part of a squash team for the first time. I never had that experience before because squash is a very individual sport, since you are [competing against] another person by yourself. Even though we did compete against each other, we still formed a really tight bond, like cheering each other on while we played against other schools or just hanging out after practice,” said Wang.

After playing alongside Wang at Princeton University’s Junior Club in 4th grade, Liz Zhao '24 was motivated to continue playing squash at a competitive level. The two formed a mentor-mentee relationship at a young age, which has continued on to Andover.

“She’s actually the person who inspired me to start playing squash... She’s a great coach. She’s very observant when watching matches and she gives me very good advice on how best to play and how to plan my strategy when playing each opponent based on their strengths and weaknesses... She always makes it her goal to try to run for every ball and not give up on any shots, which is admirable,” said Zhao.

Similarly, Christina Yen '24 also felt Wang excelled in balancing the competitive nature of squash with showing companionship towards her teammates. She admired Wang’s open mindedness to constructive criticism and her ability to provide balance to the team.

“Karen [has] more subtle leadership. She’ll often be there if you just want someone to talk to. If you watch her matches you’ll see that she’s a very good example of how to be competitive on the court and be sportsmanlike about it. I guess a stabilizing force throughout our entire team... She’s also very receptive to feedback. So that humble attitude on the court and off the court, that’s been something that at least in my experience, I’ve learned from,” said Yen.

In terms of technical skills, Wang excels at drop shots, according to Shreya Bajaj '23, which requires balance and finesse in the wrist. Wang’s unique playstyle is one thing that her teammates strive to learn from her.

“She plays very aggressively, which is something that I aspire to do. And she’s not afraid to hit the ball hard and make her opponent really work. Her squash drop shot is really good. A lot of us feel we have a kind of different game, but she has a very specific [style]. I know that if I give her a bad shot, she’s literally just going to take it [and] smash it, [and] I’m not going to be able to get it,” said Bajaj.

According to Co-Captain Migyu Kim '25, an aspect of Wang’s strong leadership is her poised attitude, as well as her willingness to share her knowledge with others.

“I feel like a lot of times, she’s someone who’s very consistently calm and kind and friendly, and you feel like you can always turn to her and talk to her. I mean because she’s a Senior, she has a lot of experience and wisdom collected over the years, having been on the team for four years,” said Kim.

Furthermore, to emphasize teamwork and collaboration, the two co-captains created a pre-game ritual to release tension. Wang believes this ritual has helped the team open up to one other, and strengthened their team’s spirit.

Wang continued, “We initiated something called our ‘cult ritual,’ which is before every single game. Our team would circle around a tee or circle around some object, and then we would do jumping jacks, counting down from ten and getting progressively louder. And then finally, when we hit one, we would all scream super loud to get our energy going and feel super pumped to play. I feel like those little moments really helped our team bond together more because we’re able to be more vulnerable and just have a lot of fun while playing and also performing well,” said Wang.

Girls Squash Head Coach Deborah Chase Prioritizes Sportsmanship, Support, and Synergy



Andover Girls Squash Head Coach Deborah Chase leads the team with contagious energy and a willingness to learn. Though tennis is her primary sport, Chase brings over 20 years of experience coaching JV squash teams at various boarding schools. In her first year leading the Varsity team, Chase has prioritized building stronger relationships with her players. Chase also looks to help her players locate and address areas of their game that can be improved upon.

"[My main coaching strategy] was really building team camaraderie. Kind of a healthy, driven, culture, getting them to know me. And what we focus a lot on is our strength

as a team and helping each other recognize our strengths, recognize our weaknesses, [and] work on our weaknesses. And every single day, try to get each other better and try to learn and think of what we do. We talk a lot about, 'How am I going to learn from each match?'" said Chase.

Co-Captain Migyu Kim '25 believes Chase is reflective of her efforts to increase her involvement with the team. Chase is always available to fulfill the needs of the team and its individual players, according to Kim. "She's always communicating, supporting, and lifting the team up. She's just so involved with everything. She'll lead us with warm-ups, with the drills and everything. Even when she has other commitments, she'll always make time for the team and her attention is solely on us. I really appreciate and respect that. Anytime I have something on my mind, whether it's about squash or outside of it, she's such a trusting person and a great listener with amazing advice I can turn to," said Kim

With prior experience under Chase's leadership on Andover's JV1 team, Shreya Bajaj '23 continues to appreciate Chase's cheerfulness and enthusiasm. Though her expectations have changed in the transition to the Varsity level, Chase remains considerate of athlete health, both physically and mentally.

"I feel like her general style has remained the same in the sense that she's very enthusiastic. She brings a ton of energy. She's very chill and easygoing and very bubbly. That makes practices really fun... She'll always begin practice with a little talk in a circle where we go around and say how we're all doing, but she also expects us to work hard," said Bajaj.

Christina Yen '24 appreciates Chase's open mind and willingness to learn more about squash, despite tennis being her main sport. Through her modest attitude as a coach, Chase has allowed herself to become a very approachable leader, according to Yen.

"She was actually very quick to recognize that there are some areas that she may need to receive a little bit more support on. In that way, she's very humble and very accepting. Sometimes one of our teammates may be explaining certain things to her, and she's okay with that, which is very much a shock. Because sometimes, with coaches...they think they know everything, but she was actually very quickly adapting to new information," said Yen.

Chase pushes the team to play and act in a way that it can be proud of when reflecting back. Since the team has only lost three times this season, Chase looks to maintain the team's sense of confidence in preparation for high-stakes games in the postseason.

"Our goal is to achieve the highest standard of squash while conducting ourselves to the highest standard of sportsmanship, each day of practice and each match that we have. And whether we win, whether we lose. I want them to be proud of themselves as they walk off the court. We've done incredibly well. We haven't lost to a team that is just below us. We're coming up to our big tournaments. And so really looking forward to testing ourselves against some teams that are as competitive as us or tougher," said Chase.

Meg Stineman

Feb 3, 2023

Girls Squash Cruises Past Groton, Loses Tight Match Against Nobles

Opening the week with a sweep against Groton, Andover Girls Squash were unable to carry the momentum into its match against Noble & Greenough. Despite a valiant effort, the team lost in a nail-biter against Nobles, 4-3 on Wednesday. Andover's record now stands at 7-4.

According to Co-Captain Migyu Kim '25, Andover constantly provides effort and energy, no matter the skill of its opponents. While high in confidence heading into the match against Groton, Andover remained humble, and maintained a high level of play through each match.

“I think that in general, the team is really strong when they are playing opponents who they are better than, just staying strong themselves and fighting. They’re not really dipping their level at all and just playing good squash and playing good shots. So just keeping your own level and dominating the court,” Kim said.

Co-Captain Karen Wang ’23 commended the team’s support on Friday in its matches against Groton. With several matches coming down to the wire, it was critical for teammates to provide encouragement to further push Andover towards victory.

Wang said, “I think for Groton, we did a really good job cheering each other on and supporting each other. There were a lot of close matches and close calls. Throughout the matches, everyone was very supportive. It was like we were able to pull through.”

Kim noted that despite the many promising signs from the match against Groton, one area the team still needs to improve upon is dealing with high pressure situations. Against stronger opponents, Andover will face many more critical points in its matches, making it an incredibly important area to improve upon.

Kim said, “I think that in terms of weaknesses or areas to improve on, we started talking about the mental aspect of the game and how to deal with situations under pressure a little bit better, how to improve our work through moments where you’re stressed or uncertain about how the match is going to go. We started working on that for the rest of the season.”

According to Christina Yen ’24, the team looked to address this problem in practice by doing “pressure sessions.” These helped players improve their play during intense moments in a match, but they also improved endurance and tactics.

“We did what we call pressure sessions. That means, that one person can hit anywhere they want and a person has to return to a certain circle or a return to a certain place. So basically, we’re just really focusing on improving our endurance, which pressure sessions made happen. I think in some ways it also was good and about improving our focus,” said Yen.

When playing Nobles, the team was focused on testing out different strategies during matches. Specifically, the team tried to incorporate a variety of shots into its matches, forcing its opponents to stay on their toes.

“For today’s match, we were focusing on hitting. We played condition games that focused on certain things. You should be paying attention to all hits. For example, only hitting the ball short once. And that helps us think about different strategies with some play while competing against other players. You might suffer from deep shots,” said Wang.

Andover will face Middlesex away next Wednesday.

Meg Stineman

Feb 3, 2023

Boys Varsity Swimming & Diving

2022-23

Coach: David Fox

Assistant Coach: Hillary Kavanagh

Captains:

Overall Season Record

Win	Loss	Tie
6	0	

2023 Eastern Champions

New England Division 1 Swimming Champions

Letter Winners: Oliver Feng, Pippin Kantakom, Brian Lee, Sam Lee, Woori Lee, Marcel Liu, Ashton Ma, Eric Nie, Jay Pae, Theo Randall, Daniel Seong, Raphael Sibuet, Oliver Stabach, Trey Wolfe, Christopher Xia, Ben Zhou, & Ethan

Award Winner: Not awarded

Boys Varsity Swimming & Diving

2022-23 Schedule and Results

Sat	01/07/2023	Swimming & Diving BV	Choate	A	1:30 PM	108-70	W		
Fri	01/13/2023	Swimming & Diving BV	St. John's Prep	A	5:15 PM	101-77	W		
Sat	01/14/2023	Swimming & Diving BV	Suffield	H	3:30 PM	111-63	W		
Sat	01/28/2023	Swimming & Diving BV	Deerfield	H	1:00 PM	107-58	W		Andover Pool
Sat	02/11/2023	Swimming & Diving BV	Loomis	H	2:00 PM	101-64	W		Andover Pool
Thu	02/16/2023	Swimming & Diving BV	Eastern's	A	1:00 PM	1st			Franklin and Marshall
Fri	02/17/2023	Swimming & Diving BV	Eastern's	A	1:00 PM				Franklin and Marshall
Sat	02/18/2023	Swimming & Diving BV	Eastern's	A	1:00 PM				Franklin and Marshall
Sun	02/19/2023	Swimming & Diving BV	Eastern's	A	1:00 PM				Franklin and Marshall
Wed	02/22/2023	Swimming & Diving BV	Exeter	H	3:15 PM	118-68	W		Andover Pool
Fri	03/03/2023	Swimming & Diving BV	NEW ENGLANDS	H	3:00 PM				Andover Pool
Sat	03/04/2023	Swimming & Diving BV	NEW ENGLANDS	H	3:00 PM				Andover Pool
Sun	03/05/2023	Swimming & Diving BV	NEW ENGLANDS	H	12:00 PM	1st			Andover Pool

Boys Varsity Swimming & Diving

2022-23 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Andrew H. Chinn	2024	Jakarta, ID
Marek Deveau	2023	Beaconsfield, QC CAN
Henry J. Dinges	2023	Andover, MA
Quinn A. Domina	2024	Andover, MA
William M. Doucette	2023	Byfield, MA
Oliver X. Feng	2025	Plano, TX
Raymond H. Ge	2024	Skillman, NJ
Vincent P. Giancola	2026	New York, NY
James C. Herlihy	2024	Andover, MA
Pasawat Kantakom	2025	Bangkok, TH
Linus C. Law	2024	Painted Post, NY
Brian S. Lee	2025	Cote Saint-Luc, QC CAN
Lucas C. Lee	2025	Los Altos, CA
Samuel Lee	2024	Scottsdale, AZ
Woori Lee	2026	Paramus, NJ
Ethan J. Liu	2026	Tallahassee, FL
Marcel Z. Liu	2023	Natick, MA
Ashton Ma	2024	Avon, CT
Joseph P. Masterson	2023	Andover, MA
Marcel J. Montemayor Fontes	2023	San Pedro Garza Garcia, NL
Anthony C. Myers	2025	South Hamilton, MA
Eric Nie	2026	North Attleboro, MA
Sean Niu	2025	Newport Beach, CA
Andrew C. O'Meara	2024	Andover, MA
Jay J. Pae	2023	Closter, NJ
Luke C. Piasecki	2024	Charlotte, NC
David M. Porto	2026	Vinhedo, SP, ID
Theodore R. Randall*	2023	Andover, MA
Daniel Y. Seong	2025	Wyckoff, NJ
Raphael J. Sibuet	2024	Dubai, UAE
Palmer R. Simpson	2023	Los Angeles, CA
Oliver C. Stabach	2026	Glastonbury, CT
Albert M. Tsao	2025	Cambridge, MA
Howard D. Wolfe*	2023	Vero Beach, FL
Christopher Xia*	2023	Haverhill, MA
Brandon Xu	2026	Simpsonville, SC
Andrew Zhou	2024	Wilton, CT
Yihao Zhou	2025	Larkspur, CA
Ethan Zhu	2026	Dhahran, SA
Daniel D. Zou	2023	Sugar Land, TX

*Captain

Coach: David Fox
Assistant Coach: Hillary Kavanagh

Boys Varsity Swimming & Diving

2022-23 Highlights

FEBRUARY 18, 2023

Swimming and Diving BV at Eastern Interscholastic Swimming and Diving Championship
1ST 673-

ANDOVER WINS 3RD EASTERN CHAMPIONSHIP SINCE 2019

92% Personal Bests Fuel Upset

(Lancaster, PA) – Facing 29 other teams from across the United States at what is historically the fastest high school meet in the nation, and with 93% of all performances being a personal best—and the remaining 7% being a season best—Andover powered through the 2023 Eastern Championships to win its third title since 2019.

Team Scores

673 Andover

652.5 Mercersburg

442 Germantown

394.5 Haverford

383 Brunswick

379 Exeter

299 Malvern Prep

294.5 Georgetown Day

234 Episcopal

215 Harvard-Westlake

200 Medley Relay

Oliver Feng '25 (24.17) (5th All-Time)

Chris Xia '23 (25.28) (3rd All-Time)

Marcel Liu '23 (20.84) (Fastest All-Time)

Theo Randall '23 (20.12) (Fastest All-Time)

1:30.41

1st Place

2nd Andover All-Time

ALL AMERICAN

Woori Lee '26 (25.18)

Trey Wolfe '23 (27.03)

Brian Lee '25 (22.77) (6th All-Time)

Ethan Zhu '26 (22.07)

1:37.05

10th Place (non-scoring)

200 Freestyle

Raphael Sibuet '24

1:39.28

2nd Place

Personal Best

2nd Andover All-Time

Pippin Kantakom '25

1:43.19

11th Place

Personal Best

13th Andover All-Time

Oliver Stabach '26
1:43.91
13th Place
Personal Best
19th Andover All-Time

Eric Nie '26
1:48.62
29th Place
Personal Best

Jay Pae '23
1:50.58
37th Place
Personal Best

200 Individual Medley
Christopher Xia '23
1:53.13 (1:52.05 prelim)
5th Place
Season Best

Woori Lee '26
1:56.14
15th Place
Personal Best
13th Andover All-Time

Sam Lee '24
1:55.64 (1:58.00 prelim)
17th Place
Personal Best
11th Andover All-Time

Daniel Seong '25
1:57.64
21st Place
Season Best

50 Freestyle
Theo Randall '23
20.70
3rd Place
Personal Best
2nd Andover All-Time

Oliver Feng '25
21.34
9th Place
Personal Best
12th Andover All-Time

Trey Wolfe '23
22.09
17th Place
Personal Best

Ben Zhou '25
22.63
23rd Place
Personal Best

100 Butterfly
Marcel Liu '23
48.09
1st Place
Personal Best
2nd Andover All-Time
ALL AMERICAN

Brian Lee '25
50.61 (50.23 prelim)
6th Place
Personal Best
7th Andover All-Time

Ashton Ma '24
52.16 (52.00 prelim)
15th Place
Personal Best
15th Andover All-Time

Ethan Zhu '26
53.58
24th Place
Personal Best

200 Freestyle Relay
Marcel Liu '23 (21.22)
Oliver Feng '25 (21.24) (14th All-Time)
Raphael Sibuet '24 (20.88) (9th All-Time)
Theo Randall '23 (20.33)
1:23.67
2nd Place
2nd Andover All-Time
ALL AMERICAN

Woori Lee '26 (22.99)
Pippin Kantakom '25 (22.28)
Oliver Stabach '26 (21.51)
Trey Wolfe '23 (21.93)
9th Place (non-scoring)

1 Meter Diving
Jay Kaufman '24
265.55
11th Place
Personal Best

Marek Devceau '23
194.05
15th Place
Personal Best

100 Freestyle
Theo Randall '23
46.15
5th Place
Personal Best
7th Andover All-Time

Oliver Stabach '26
47.60 (47.50 prelim)
15th Place
Personal Best
23rd Andover All-Time

Ashton Ma '24
47.53
17th Place
Personal Best
24th Andover All-Time (tie)

Ben Zhou '25
49.15
28th Place
Personal Best

Ethan Zhu '26
49.18
30th Place
Personal Best

500 Freestyle
Raphael Sibuet '24
4:37.12 (prelim 4:30.62)
7th Place
Personal Best
3rd Andover All-Time

Brian Lee '25
4:41.64
10th Place
Personal Best
9th Andover All-Time

Pippin Kantakom '25
4:43.21 (4:40.74 prelim)
13th Place
Personal Best
7th Andover All-Time

Woori Lee '26
4:44.64
17th Place
Personal Best
14th Andover All-Time

Eric Nie '26
4:59.44
31st Place
Personal Best

Jay Pae '23
5:01.21
33rd Place
Season Best

100 Backstroke
Marcel Liu '23
50.86
6th Place

Personal Best
4th Andover All-Time

Oliver Feng '25
52.27 (51.95 prelim)
12th Place
Personal Best
8th Andover All-Time

100 Breaststroke
Christopher Xia '23
55.78 (55.74 prelim)
3rd Place
Personal Best
2nd Andover All-Time

Daniel Seong '25
56.77
5th Place
Personal Best
5th Andover All-Time
10th GRADE RECORD

Sam Lee '24
58.10
7th Place
Personal Best

9th Andover All-Time

Trey Wolfe '23
59.18 (58.98 prelim)
10th Place
Personal Best
15th Andover All-Time

400 Freestyle Relay
Raphael Sibuet '24 (46.02)
(45.83 prelim – 5th All-Time
(tie))
Ashton Ma '24 (47.41)
Pippin Kantakom '25 (47.17)
Chris Xia '23 (47.76)
3:08.36
5th Place
9th All-Time

Ben Zhou '25 (49.77)
Ashton Ma '24 (48.44)
Ethan Zhu '26 (49.23)
Christopher Xia '23 (47.40)
3:14.84
12th (non scoring)



FEBRUARY 22, 2023

Swimming and Diving BV vs Exeter

W 118-68

WITH 3 NEW MEET RECORDS, ANDOVER DEFEATS EXETER

(Andover, MA) -- Three days after returning from winning its third Eastern Championship, Andover faced Exeter at the Christopher Lynn '66 Pool.

While there were many great swims, the highlight was Andover's setting new meet records in all three relays:

200 Medley Relay

Oliver Feng, Christopher Xia '23, Marcel Liu '23, and Theo Randall '23

1:33.28

200 Free Relay

Theo Randall '23, Marcel Liu '23, Oliver Feng '25, Raphael Sibuet '24

1:24.89

400 Free Relay

Oliver Feng '25, Pippin Kantakom '25, Raphael Sibuet '24, Theo Randall '23

3:09.29

MARCH 5, 2023

Swimming and Diving BV vs New England Division 1 Swimming Championships

1ST 490-

ANDOVER WINS 12TH NEW ENGLAND CHAMPIONSHIP SINCE 2007

(Andover, MA) – Swimming at home in a championship meet for the first time in at least four decades, Andover put forth a dominant performance and won its 12th New England Championship since 2007 and its 7th in a row.

Team Scores

Andover (490)

Deerfield (338.5)

Brunswick (316)

Exeter (299.5)

Suffield (207.5)

Choate (164)

Loomis (135)

Hotchkiss (123)

Hopkins (67.5)

Milton (44)

Northfield Mount Hermon (38)

Diving

Jay Kaufman '24

300.15

4th Place

Sebastian Heredia '23

246.15

12th Place

Christopher Xia '23 (25.26)

(3rd All Time)

Marcel Liu '23 (21.21) (Fastest Performer All Time)

Theo Randall '23 (20.06)

(Fastest All Time)

1:30.44

1st Place

Marek Deveau '23

258.35

11th Place

200 Medley Relay

Oliver Feng '25 (23.91) (5th

All Time)

POOL RECORD

ALL AMERICAN

2nd All Time

Jay Pae '23 (27.93)

Sam Lee '24 (26.76) (11th All Time)

Ethan Zhu '26 (24.05) (21st All Time)

Ben Zhou '25 (22.02)

1:40.76

200 Freestyle

Raphael Sibuet '24

1:38.92 (1:38.50 prelims)

1st Place

POOL RECORD

2nd All Time

Oliver Stabach '26

1:41.77

3rd Place9th GRADE RECORD

9th All Time

Ashton Ma '24

1:43.23 (1:42.66 prelims)

6th Place

11th All Time

Eric Nie '26

1:47.14

13th in prelims but forced to scratch under league rules**200 Individual Medley**

Christopher Xia

1:51.65

2nd Place

6th All Time

Pippin Kantakom '25

1:52.22 (1:50.77 prelims)

3rd Place10th GRADE RECORD

4th All Time

Woori Lee '26

1:54.78 (1:54.50)

6th Place

10th All Time

Sam Lee '24

1:55.54

9th in prelims but forced to scratch under league rules

12th All Time

50 Freestyle

Theo Randall

20.60 (20.43 prelims)

1st Place

POOL RECORD

SCHOOL RECORD

ALL AMERICAN

Oliver Feng

21.65 (21.51 prelims)

7th Place

Trey Wolfe '23

21.88

12th Place

Ben Zhou

22.17

18th Place**100 Butterfly**

Marcel Liu

48.87 (47.85 prelims)

2nd Place

POOL RECORD

SCHOOL RECORD

ALL AMERICAN

Brian Lee '25

50.60 (50.37 prelims)

5th Place

7th All Time Performer

Ashton Ma

50.93

6th Place

11th All Time

Ethan Zhu

52.31

11th in prelims but forced to scratch under league rules

17th All time

100 Freestyle

Theo Randall

45.80

2nd Place

5th All Time

Oliver Stabach

47.25 (47.07 prelims)

3rd Place

21st All Time

Pippin Kantakom

47.95 (47.21 prelims)

6th Place

24th All Time

Ben Zhou

48.71

18th Place**500 Freestyle**

Raphael Sibuet

4:35.07

1st Place

POOL RECORD

3rd All Time Performer

Brian Lee

4:38.36

2nd Place

6th All Time

Eric Nie '26

4:54.11

9th Place

Jay Pae

5:00.03

10th in prelims but forced to scratch under league rules**200 Freestyle Relay**

Marcel Liu (21.14) (8th All Time)

Oliver Stabach (21.11) (15th All Time)

Trey Wolfe (21.76)

Raphael Sibuet (20.65) (7th All Time)

1:24.66

3rd Place**100 Backstroke**

Marcel Liu

51.44 (50.44 prelims) (4th All Time)

2nd Place

Oliver Feng

52.14 (51.84 prelims) (8th All Time)
5th Place

Woori Lee
52.77 (52.90 prelims)
6th Place
12th All Time

Ethan Zhu
56.04
13th in prelims but forced to scratch under league rules

100 Breaststroke

Christopher Xia
55.83 (55.45 prelims)
2nd Place
POOL RECORD
SCHOOL RECORD

ALL AMERICAN

Daniel Seong '25
56.45
4th Place
10th GRADE RECORD
5th All Time

Trey Wolfe
57.62
5th Place
8th All Time
Sam Lee
58.61
9th in prelims but forced to scratch under league rules
10th Fastest Performer All Time

400 Freestyle Relay

Oliver Feng (46.89) (16th All Time)
Theo Randall (45.13) (5th All Time)
Oliver Stabach (46.61) (19th All Time)
Raphael Sibuet (45.59) (10th All Time)
3:04.22
2nd Place
ALL AMERICAN
5th All Time

Ashton Ma (47.38)
Brian Lee (47.83)
Pippin Kantakom (48.72)
Christopher Xia (47.83)
3:11.76

At the end of the meet, Trey Wolfe was recognized by the New England coaches with the Andy Lowe Award: "The Andy Lowe Award is awarded to a student-athlete at the New England Division 1 Swimming & Diving Championships who best embraces the values of generosity of spirit, humility, and relentlessness—values embodied by Coach Andy Lowe throughout his 43 years at Suffield Academy."

In addition, the coaches recognized Christopher Xia with the Babcock Award, given to "the outstanding student-athlete who best exemplifies the values of New England Prep School Swimming & Diving."

Christopher becomes only the 5th Andover swimmer to win the Babcock, joining Mark List '74, David Mainen '89, TJ Durkin '99, and Jun Oh '12.



Boys Varsity Swimming & Diving

In the News

“Raise your mentality”: Boys Swimming Defeats Choate by 38 Points

Boys Swimming defeated Choate in the season opener by nearly 40 points, with a score of 108-70. Andover was able to claim the top four spots in the 200-yard Individual Medley (IM) race.

Ashton Ma '24 recounted the excitement of watching the 200-yard IM. Ma highlighted the performance of Co-Captain Christopher Xia '23, who energetically finished the race followed by Pippin Kantakom '25, Brian Lee '25, and Daniel Seong '25.

“I know the 200 IM we got top four; first, second, third, fourth. I think in that race, one of our new lowers came up surging, especially in the beginning of the race, but our captain, Chris, came back towards the end and won,” said Ma.

In terms of the overall meet, Ethan Zhu '26 credited the strong performances to sportsmanship and emphasized the high energy present.

“Everything went out pretty smoothly, both the girls’ and boys’ teams were cheering for each other and everything. There was a lot of camaraderie and everything like that. But other than that, in terms of performance, I’d say we did really well as well,” said Zhu.

This was the first high-school meet for some swimmers, such as Woori Lee '26. Lee expressed his excitement, in spite of some confusion due to the timing system. Andover adapted to the challenge and led the meet.

Lee said, “We were pretty hyped. It was also kind of not very intense because it wasn’t that big of a meet.... We expected to win, even though Choate gave us a good fight. And I feel like during the meet, some of the times were a bit off or very off because the timing system didn’t work too well, so we kind of had to adjust to that and realize that most of the times would be incorrect. And overall, as my first meet, I feel like it gave me a really good idea of how high school meets run.”

Lee discussed the sense of community each individual has developed in the practices leading up to the season opener, despite how short a period of time it was. He credits the captains who lead the team in fostering inclusivity across grades.

“I think one of our strengths is our captains are really doing their job to kind of incorporate everyone into the team, and now we have one big facility, so we can all practice together, and we always like to see each other. I feel like as a bigger team, we have more of a sense of community, and we always talk to each other [and] laugh during practice. And I feel like that’s doing a great job lifting up the culture and the spirit of the team,” said Lee.

Looking ahead, Ma thinks that the team should look towards building their endurance for quicker transitions between races in meets. He hopes that the swimmers can adapt to the pace of high-school meets.

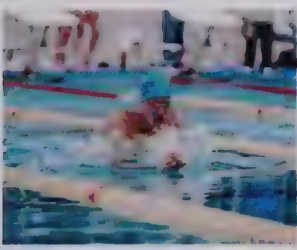
Ma said, “For our next meet, I think one of our biggest issues with this meet was because high school meets go so much faster than meets outside of school, it’s hard to recover and be ready for the next race, especially when it’s like ten minutes after. So that’s something we have to work on.”

Zhu commented on centering focus during meets. On Saturday, the warmups were disordered, influencing the level of preparation each individual had going into their events.

Zhu said, “I remember Coach Fox talking about [warmups], it’s a little bit chaotic and everything, and everyone was a little bit disorganized and stuff. Just because, I guess for a few of the kids, it was their first meet of the season, and first meet in general for high school, so I guess they weren’t too used to it. I guess another thing is probably sometimes, [to] ‘raise your mentality’ or just being prepared to go into the meet or into a race. Maybe some of us on the team, some people mess around a little bit, they’re having fun before a race or something, but I guess for the big meets it’s better to stay focused.”

Andover looks ahead to its first home meet Friday against St. John’s Preparatory School

Evie Wood
Jan 13, 2023



Andover Boys Swimming & Diving dominated Deerfield 107-58 on Saturday. With first-place finishes in diving and in 12 out of the 14 swimming events, the meet served as a major confidence boost for the team, which will head to the Eastern Interscholastic Swimming and Diving Championships (Eastern's) in two weeks.

With less than half the season left, Sam Lee '24 commended the team for its growth thus far. With a 5-1 record prior to Saturday's meet, Deerfield proved to be an adequate challenge Andover needed to prepare for the

team's upcoming competitions.

"At the end of the day, we love racing... [We are] doing the best we can and encouraging others to do the best that they can, too. We were looking forward to the Deerfield meet because we saw it as another opportunity to get faster and prove how far we've come. And I think the results really show that we've come a long way from the beginning of the season and that we've improved a lot," said Lee.

Participating in the 200-Medley Relay, 200 IM Relay, 400-Free Relay, and diving events, Marek Deveau '23 credited the victory to the team's hard work during practices. Deveau hopes the diving team will continue working on new skills in preparation for the upcoming meet against Loomis Chaffee (Loomis).

"This week, our main focus was our back dives. So every person on the dive team had to perform at least two dives that were in the backwards direction. And, I mean, we practiced all week. We were getting our practice in, and we all did pretty well in the meet as well. So we're looking forward to the meet in two weeks against Loomis," said Deveau.

Deveau is the only person on the team who both swims and dives. With just one season of diving experience, Deveau was supported by Head Coach David Fox and Diving Coach Belinda Canavan to officially compete in both events at this meet.

"It's just a great environment. I'm happy to be able to help the team out, earn some points in diving and swimming. It's pretty cool because there's not too many people who have done that in the past. So I'm happy that I'm able to do that. And [I] thank Coach Fox and Coach Belinda [for letting] me do that [and] practice with both teams," said Deveau.

Lee acknowledged the efforts of Pippin Kantakom '25. Despite being new to Andover's team, Kantakom's recent successes has reflected his commitment and determination throughout this season, according to Lee.

"Pippin has been doing really well this year, especially. He's coming into this [as a] new Lower, and it's amazing to see him doing so well. And in all of these events, I think last meet he won the 200 IM. And this week he won the 200-yard Freestyle and the 100-yard Backstroke. And I'm really proud of him," said Lee.

In the upcoming weeks, the team will compete in the Andover/Exeter meet, Eastern's, and the New England Preparatory School Swimming Association Championships (NEPSSAC). Co-Captain Trey Wolfe '23 shared his excitement for the New Englands, which will take place at the Pan Athletic Center for the first time.

"I feel really good. I know we have three big championship meets. Exeter, Eastern's, and then we have [NEPSSAC], which will be hosted here actually, which is really cool because that's the first time that's happened in my time here. I think we're just going to continue working hard and stay on the right track. I think we're doing a good job so far, and if we keep doing what we're doing, we should be able to confirm," said Wolfe.

Andover Boys Swimming and Diving will compete against Loomis next Saturday.

Nabilah Nazar
Feb 3, 2023

'Last One Best One': Boys Swimming and Diving Ends Undefeated Season as NEPSAC Champions



Andover Boys Swimming and Diving claimed its 12th New England Preparatory School Athletic Council (NEPSAC) Division I Championship title in 16 years on March 5 to cap off its undefeated season. The team won by a margin of 152 points at its home pool over ten other teams.

According to Co-Captain Trey Wolfe '23, the team entered with the intention to push itself to the limit. In addition to the team's new class records, Co-Captain Theo Randall '23, Co-Captain Chris

Xia '23, and Marcel Liu '23 all broke school records in their respective events.

"Our goal is never to win, our goal is just to do the best we possibly can, just control what we can and leave the rest up to fate. I think we did a really good job at that. Everyone swam as hard as they could, everybody was dropping time, and in the end that worked out for us," said Wolfe.

David Porto '26 explained how the team prepared for the NEPSAC Championship during its practices.

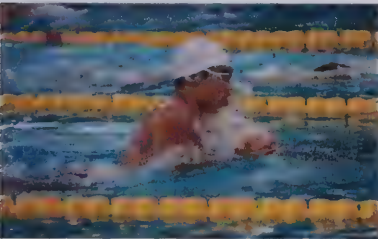


"For practices, we did less intensive sets every time as we approached the actual tournament. For mindset, Theo, the [Co-Captain], was really encouraging us to swim well and [our] coach was hyping people up and making sure we were all excited to swim fast," said Porto.

Two weeks prior to the NEPSAC Championship, the team had claimed the Eastern Interscholastic Swimming and Diving Championship (Easterns) title in Pennsylvania. Alongside the win at

Easterns, the team's undefeated dual-meet record served as a confidence-booster going into NEPSAC weekend, according to Albert Tsao '25.

"I think our strength was probably our experience. We had swam a lot of meets by then and we did a lot of sprints in practice, so I just felt that all of us were pretty ready. We were pretty nervous but we were ready for what was to come," said Tsao.



Since the championship included preliminary and final swim rounds, it was crucial for the team to progress as many swimmers into the finals in order to maximize team points, according to Wolfe. Ultimately, the team placed in the top three in every swimming event, leading to the dramatic victory.

Wolfe said, "I would say I think we did a really good job on the first day which [was] preliminaries. Our coach always tells us that you can't win a meet in prelims because you can't score points but you

can lose because if you can't get people in finals you won't be able to score points on Sunday. My point is we did a really good job in preliminaries getting people in the finals and I think in almost every event we had three people which is almost the max you can have. We did a good job there with our depth."

Girls Varsity Swimming

2022-23

Coach: Paul Murphy

Assistant Coach: Catherine Carter

Captains: Emma B. Cheung & Katherine S. Swan

Overall Season Record

Win	Loss	Tie
5	0	1

Letter Winners: Isabella E. An, Melissa Chang, Emma B. Cheung, Addison Deng, Daphne M. Edwards, Grace Y. Hu, Lilliana E. Keim, Elissa Kim, Veronika M. Kisova, Marian C. MacKinnon, Sahana P. Manikandan, Orla G. Naughton, Caroline I. Romano, Katherine S. Swan, Sophia L. Walker, Mia E. Wonacott, Sophia G. You, Valencia M. Zhang, & Ariana W. Zhao

Award Winner: WASHBURN AWARD - Katherine S. Swan

Girls Varsity Swimming & Diving

2022-23 Schedule and Results

Sat	01/07/2023	Swimming & Diving GV	Choate	A	1:30 PM	97-81	W			
Sat	01/14/2023	Swimming & Diving GV	Suffield	H	3:30 PM	134-48	W			
Tue	01/24/2023	Swimming & Diving GV	Westford Academy	H	5:15 PM	96-74	W			Andover Pool
Sat	01/28/2023	Swimming & Diving GV	Deerfield	H	1:00 PM	112.5- 54.5	W			Andover Pool
Sat	02/11/2023	Swimming & Diving GV	Loomis	H	2:00 PM	102-63	W			Andover Pool
Thu	02/16/2023	Swimming & Diving GV	Eastern's	A	1:00 PM					Franklin and Marshall
Fri	02/17/2023	Swimming & Diving GV	Eastern's	A	1:00 PM					Franklin and Marshall
Sat	02/18/2023	Swimming & Diving GV	Eastern's	A	1:00 PM					Franklin and Marshall
Sun	02/19/2023	Swimming & Diving GV	Eastern's	A	1:00 PM					Franklin and Marshall
Wed	02/22/2023	Swimming & Diving GV	Exeter	H	3:15 PM	93-93			T	Andover Pool
Fri	03/03/2023	Swimming & Diving GV	NEW ENGLANDS	H	3:00 PM					Andover Pool
Sat	03/04/2023	Swimming & Diving GV	NEW ENGLANDS	H	12:00 PM					Andover Pool
Sun	03/05/2023	Swimming & Diving GV	NEW ENGLANDS	H	12:00 PM	2nd				Andover Pool

Girls Varsity Swimming

2022-23 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Isabella E. An	2024	North Andover, MA
Melissa Chang	2023	Shanghai, CN
Emma B. Cheung*	2023	New Canaan, CT
Addison Deng	2026	Shanghai, CN
Daphne M. Edwards	2023	Vernon, CT
Grace Y. Hu	2024	Andover, MA
Lilliana E. Keim	2025	Atlantic City, NJ
Elissa Kim	2024	Fort Lee, NJ
Veronika M. Kisova	2023	North Andover, MA
Marian C. MacKinnon	2024	Wilmette, IL
Sahana P. Manikandan	2026	Princeton, NJ
Orla G. Naughton	2025	Andover, MA
Caroline I. Romano	2026	Andover, MA
Katherine S. Swan*	2023	Pelham, NH
Sophia L. Walker	2024	Plainsboro, NJ
Mia E. Wonacott	2024	Bethesda, MD
Sophia G. You	2026	Naperville, IL
Valencia M. Zhang	2025	Northville, MI
Ariana W. Zhao	2025	Mequon, WI

*Captain

Head Coach: Paul Murphy
Assistant Coach: Catherine Carter

Girls Varsity Swimming & Diving

2022-23 Meet Highlights

JANUARY 7, 2023

Swimming and Diving GV at Choate

W 97-81

ANDOVER OPENS 50TH SEASON WITH WIN OVER CHOATE!

The 50th Year of Girls Varsity Swimming and Diving exploded today in Wallingford, CT with a big WIN over Choate! Score: 97-81

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

(Times are not shown in this summary due to challenges with the electronic starting system)

200 Medley Relay

1. Ariana Zhao '25, Izzy An '24, Melissa Chang '23, Elissa Kim '24

2. Mia Wonacott '24, Grace Hu '24, Sahana Manikandan '26, Emma Cheung '23

4. Orla Naughton '25, Lilliana Keim '25, Sophia Walker '24, Sophia You '26

200 Free

1. Katie Swan '23
2. Veronica Kisova '23

200 IM

1. Zhao
2. Hu
3. Molly MacKinnon '24

50 Free

2. Wonacott

3. Cheung

4. An

Diving

3. Maddy Shaffer '23 / 202

Points

5. Sarah Hassanein '24 / 166.75

6. Lora Oh '23 / 113.85

100 Butterfly

1. Kim

3. An

4. Keim

5. Exh Chang

100 Free

1. Wonacott

2. Cheung

3. You

400 Free

1. Swan

2. Kisova

3. MacKinnon

200 Free Relay

1. Kim, Wonacott, Cheung, Swan

2. Chang, Naughton, You, MacKinnon

3. Keim, Walker, Romano, Deng

100 Backstroke

Exh Zhao

Exh Manikandan

Exh Zhang

100 Breast

Exh Hu

Exh Deng

Exh Chang

Exh You

400 Free Relay

Exh Kim, Swan, Zhao, Kisova

Exh MacKinnon, An,

Naughton, Hu

Exh Manikandan, Romano,

Keim, Zhang

The team record is 1-0-0. Our next meet is on Saturday, January 14 home versus Suffield Academy at 3:30 PM.

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

Many results of our meets will be on Meet Mobile in real time – available on the app stores. Check them out!

Roster

Isabella An '24 North Andover, MA
Melissa Chang '24 Shanghai, China
Emma Cheung '23 New Canaan, CT
Addison Deng '26 Shanghai, China
Daphne Edwards '23 Vernon, CT
Sarah Hassanein '24 North Andover, MA
Grace Hu '24 Andover, MA
Lilliana Keim '25 Atlantic City, NJ
Elissa Kim '24 Franklin Lakes, NJ
Veronika Kisova '23 North Andover, MA
Sahana Manikandan '26 Princeton, NJ
Molly MacKinnon '24 Wilmette, IL
Orla Naughton '25 Andover, MA
Lora Oh '23 Wellington, New Zealand
Caroline Romano '26 Boston, MA
Madeleine Shaffer '23 Lynnfield, MA
Katie Swan '23 Pelham, NH
Sophia Walker '24 Plainsboro, NJ
Mia Wonacott '24 Dubai, UAE
Sophia You '26 Naperville, IL
Ariana Zhao '25 Mequon, WI
Valencia Zhang '25 Northville, MI

Andover Girls Swimming and Diving! Since 1973

JANUARY 14, 2023

Swimming and Diving GV vs Suffield

W 134-48

ANDOVER TOPS SUFFIELD IN HOME OPENER

The 50th Year of Girls Varsity Swimming and Diving made its home opener a big one with a big WIN over Suffield! Score: 134-48

The team record is 2-0-0. Our next meet is on Tuesday, January 24 home versus Westford Academy at 5:15 PM.

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

200 Medley Relay

1. Veronika Kisova '23,
Addison Deng '26, Ariana
Zhao '25, Elissa Kim '24 /
1:49.84 (2 sec off SR)
3. Mia Wonacott '24, Grace
Hu '24, Melissa Chang '23,
Emma Cheung '23 / 1:54.81
5. Valencia Zhang '25, Sophia
You '26, Lilliana Keim '25,

Caroline Romano '26 /
2:01.65
6. Sahana Manikandan '26,
Orla Naughton '25, Sophia
Walker '24, Daphne Edwards
'23 / 2:01.65

200 Free

1. Kisova / 1:59.65
2. Zhao / 2:00.03

4. Molly MacKinnon '24 /
2:03.60

200 IM

1. Katie Swan '23 / 2:12.46
2. Hu / 2:15.20
3. Deng / 2:19.81
7. Manikandan / 2:39.27

50 Free

1. Kim / 24.30

2. Cheung / 25.55
4. Wonacott / 26.00
7. Edwards / 26.87

Diving

1. Maddy Shaffer '23 / 198.7

Points

2. Sarah Hassanein '24 / 188.6
3. Anjola Odokoya '24 / 152.56

100 Butterfly

1. Zhao / 57.34
3. Chang / 1:03.34
4. Keim / 1:04.29
5. Walker / 1:05.32

100 Free

1. Swan / 54.61

2. Cheung / 56.55
3. You / 57.74

500 Free

2. MacKinnon / 5:24.45
3. Naughton / 5:47.11

200 Free Relay

1. Kisova, MacKinnon, Swan, Kim / 1:41.98
3. Chang, Naughton, Edwards, Hu / 1:45.81
5. Keim, Walker, Manikandan, You / 1:49.49

100 Backstroke

2. Kisova / 1:01.79
3. Wonacott / 1:04.33

4. Zhang / 1:05.20
6. Romano / 1:06.41

100 Breast

1. Kim / 1:07.31
2. Deng / 1:09.81
4. Chang / 1:13.13
5. Keim / 1:15.16

400 Free Relay

1. Zhao, Wonacott, Cheung, Swan / 3:42.15
2. MacKinnon, Deng, Edwards, Hu / 3:51.16
4. Walker, Zhang, Romano, You / 4:02.51

The team record is 2-0-0. Our next meet is on Tuesday, January 24 home versus Westford Academy at 5:15 PM.

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

Many results of our meets will be on Meet Mobile in real time – available on the app stores. Check them out!



JANUARY 28, 2023

Swimming and Diving GV vs Deerfield

W 112.5-54.5

ANDOVER TOPS BIG GREEN!

The 50th Year of Girls Varsity Swimming and Diving made served up a big WIN over Deerfield at the Pan Center / Christopher Lynn '66 Pool! Score: 112.5 – 54.5

The team record is 3-0-0. Our next meet is on Tuesday, January 31 home versus Westford Academy at 5:15 PM (rescheduled from 1/24).

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

200 Medley Relay

1. Ariana Zhao '25, Addison Deng '26, Elissa Kim '24, Emma Cheung '23 / 1:48.86
2. Mia Wonacott '24, Grace Hu '24, Melissa Chang '23, Isabelle An '24 / 1:55.60
5. Valencia Zhang '25, Lilliana Keim '25, Sophia Walker '24, Daphne Edwards '23 / 1:59.17
exh Sahana Manikandan '26, Orla Naughton '25, Sophia You '26, Caroline Romano '26 / 2:04.66

200 Free

1. Katie Swan '23 / 1:55.60
2. Veronika Kisova '23 / 2:00.27
4. Molly MacKinnon '24 / 2:03.77

200 IM

1. Kim / 2:07.19
2. Hu / 2:16.11
3. Deng / 2:17.56

50 Free

1. Cheung / 25.83

3. Wonacott / 26.30

5. Edwards / 26.36

Diving

2. Sarah Hassanein '24 / 197.77 points
3. Maddy Shaffer '23 / 186.15
4. Lara Oh '23 / 118.57

100 Butterfly

1. Kim / 56.58 (.03 off school record)
2. An / 1:01.23
3. Chang / 1:04.06
exh Keim / 1:03.67

100 Free

1. Zhao / 53.58
3. Edwards / 57.95
4. You / 58.00
exh Naughton / 59.01

500 Free

1. Swan / 5:07.93
2. Kisova / 5:15.66
4. MacKinnon / 5:28.20

200 Free Relay

1. Cheung, Kisova,

MacKinnon, Swan / 1:42.93

3. Deng, Chang, Hu, Keim / 1:46.00

5. Romano, Manikandan, Naughton, Walker / 1:50.06

100 Backstroke

2. Zhao / 56.81
3. Wonacott / 1:04.72
4. Zhang / 1:06.81
exh Romano / 1:07.13
exh Manikandan / 1:09.94

100 Breast

exh An / 1:11.16
exh Hu / 1:11.71
exh Cheung / 1:12.28
exh Naughton / 1:17.03
exh Keim / 1:14.40

400 Free Relay

exh Swan, Kisova, MacKinnon, Kim / 3:41.68
exh Wonacott, You, Edwards, An / 3:50.36
exh Deng, Manikandan, Zhang, Romano / 4:07.05

The team record is 3-0-0. Our next meet is on Tuesday, January 31 home versus Westford Academy at 5:15 PM (rescheduled from 1/24).

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

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JANUARY 31, 2023

Swimming and Diving GV vs Westford Academy

W 96-74

ANDOVER TOPS WESTFORD ACADEMY; REMAINS UNDEFEATED

The 50th Year of Girls Varsity Swimming and Diving notched another big WIN over Westford Academy at the Pan Center / Christopher Lynn '66 Pool! Score: 96-79

The team record is 4-0-0. Our next meet is on Saturday, February 11 home versus Loomis Chaffee School at 2:00 PM

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

200 Medley Relay

1. Veronika Kisova '23,
Addison Deng '26, Ariana
Zhao '25, Katie Swan '23 /
1:52.76
2. Mia Wonacott '24, Isabelle
An '24, Melissa Chang '23,
Daphne Edwards '23 / 1:56.04
4. Sahana Manikandan '26,
Lilliana Keim '25, Sophia
Walker '24, Orla Naughton '25
/ 2:01.66

200 Free

1. Elissa Kim '24 / 1:53.25
2. Veronika Kisova '23 /
2:03.85
4. Molly MacKinnon '24 /
2:04.78

200 IM

1. An / 2:12.56
2. Zhang / 2:25.15
4. Romano / 2:26.33
exh Naughton / 2:26.15

50 Free

1. Zhao / 24.67

3. Cheung / 26.01
4. You / 26.80
exh Keim / 27.34

Diving

1. Maddy Shaffer '23 / 226
Points
3. Sarah Hassanein '24 /
189.90
4. Lora Oh '23 / 153.80

100 Butterfly

1. Hu / 1:00.54
2. Swan / 1:00.78
3. Chang / 1:03.60
exh Deng / 1:02.29
exh Manikandan / 1:10.41

100 Free

1. Kim / 52.18 (51.82 SR)
2. Edwards / 57.33
4. You / 58.52
exh Wonacott / 57.68

500 Free

1. Zhao / 5:23.02
2. MacKinnon / 5:31.63
3. Cheung / 5:32.82

200 Free Relay

exh Zhao, Hu, Swan, Kim /
1:39.97
exh Wonacott, Edwards, You,
MacKinnon / 1:45.12
exh Walker, Romano, Deng,
Manikandan / 1:53.36

100 Backstroke

exh Kisova / 1:02.14
exh An / 1:03.96
exh Zhang / 1:06.90

100 Breast

exh Deng / 1:10.16
exh Hu / 1:11.68
exh Keim / 1:13.29
exh Romano / 1:21.46

400 Free Relay

exh Swan, Kisova, Cheung,
Kim / 3:43.02
exh MacKinnon, Wonacott,
Edwards, An / 3:49.30
exh Chang, Walker,
Manikandan, Naughton /
4:02.34

The team record is 4-0-0. Our next meet is on Saturday, February 11 home versus Loomis Chaffee School at 2:00 PM

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

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FEBRUARY 11, 2023

Swimming and Diving GV vs Loomis

W 102-63

TEAM NOTCHES 5TH WIN PLUS NEW SCHOOL RECORD IN 100 FLY!

The 50th Year of Girls Varsity Swimming and Diving notched another big WIN over Loomis-Chaffee at the Pan Center / Christopher Lynn '66 Pool! Score: 102-63

The team record is 5-0-0. On Thursday, 2/16/23, we will head to the Eastern Swimming and Diving Championships at Franklin & Marshall University, hosted by Germantown Academy. You can find information about the meet at <https://www.easternswimminganddiving.org/eastern-meet-page>

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

200 Medley Relay

1. Ariana Zhao '25, Addison Deng '26, Elissa Kim '24, Emma Cheung '23 / 1:48.04
2. Mia Wonacott '24, Isabella An '24, Melissa Chang '23, Veronika Kisova '23 / 1:55.67
3. Valencia Zhang '25, Grace Hu '24, Lillian Keim '25, Daphne Edwards '23 / 1:57.17
exh Sahana Manikandan '26, Orla Naughton '25, Sophia Walker '24, Sophia You '26 / 2:01.67

200 Free

1. Katie Swan '23 / 1:54.10
3. Molly MacKinnon '24 / 2:03.91
6. Wonacott / 2:05.66

200 IM

1. Zhao / 2:09.94
2. Hu / 2:13.41
5. Zhang / 2:25.54
exh Naughton / 2:26.36

50 Free

1. Cheung / 25.59

2. You / 26.07

3. Edwards / 26.23
exh Walker / 26.43

Diving

2. Maddy Shaffer '23 / 209.70 points
4. Sarah Hassanein '24 / 187.15
7. Lora Oh '23 / 138.95

100 Butterfly

1. Kim / 56.10 ** New school record (previous: Amy Zhao / 2011 / 56.55)
2. An / 1:01.52
5. Keim / 1:03.71
exh Chang / 1:03.40

100 Free

1. Kisova / 56.40
2. Cheung / 56.64
4. Edwards / 57.96
exh Walker / 58.03

500 Free

1. Swan / 5:08.90
3. MacKinnon / 5:31.10
6. Naughton / 5:46.01

200 Free Relay

1. Zhao, Cheung, An, Swan / 1:40.06
2. Wonacott, You, Hu, MacKinnon / 1:44.54
4. Zhang, Manikandan, Deng, Naughton / 1:52.62

100 Backstroke

1. Kim / 59.45
2. Kisova / 1:01.29
3. Manikandan / 1:08.75

100 Breast

exh Deng / 1:08.79
exh An / 1:10.35
exh Chang / 1:12.50
exh Keim / 1:13.10

400 Free Relay

exh Zhao, Swan, Hu, Kim / 3:36.79
exh MacKinnon, Wonacott, Edwards, Kisova / 3:47.01
exh Walker, Chang, Deng, Keim / 4:02.44

The team record is 5-0-0. On Thursday, 2/16/23, we will head to the Eastern Swimming and Diving Championships at Franklin & Marshall University, hosted by Germantown Academy. You can find information about the meet at <https://www.easternswimminganddiving.org/eastern-meet-page>

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

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FEBRUARY 22, 2023

Swimming and Diving GV vs Exeter

T 93-93

AE RECORDS FALL AS ANDOVER AND EXETER TIE FOR SECOND TIME IN HISTORY

The 50th Year of Girls Varsity Swimming and Diving welcomed Exeter today to the Christopher Lynn '66 Pool. An amazing day of fast swimming and great diving ended in a rare TIE of 93-93.

In the 48 meetings of Andover and Exeter since 1975, Andover has won 22 times; Exeter 24 times and tied twice: 1982 and 2023.

The team record is 5-0-1. On Saturday and Sunday March 4 and 5, we will host the New England Prep School Athletic Conference Division 1 Championships. You can find information about the meet

at <https://www.nepssa.org/>

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim

200 Medley Relay

2. Veronika Kisova '23,
Addison Deng '26, Melissa
Chang '23, Emma Cheung '23
/ 1:53.08

3. Mia Wonacott '24, Isabella
An '24, Lillian Keim '25,
Sophia You '26 / 1:56.23
5. Valencia Zhang '25, Orla
Naughton '25, Daphne
Edwards '23, Sophia Walker
'24 / 1:58.97

200 Free

2. Katie Swan '23 / 1:53.75
3. Kisova / 2:00.08
4. Molly MacKinnon '24 /
2:00.55
exh Naughton / 2:07.53

200 IM

1. Zhao / 2:09.28
3. An / 2:13.06
6. Deng / 2:19.22
exh Romano / 2:27.87

50 Free

2. Kim / 23.85

3. Cheung / 25.44

5. Wonacott / 25.99

exh You / 25.90

Diving

1. Maddy Shaffer '23 / 236.70
pts

2. Sarah Hassanein '24 /
214.10

4. Lora Oh '23 / 145.60

100 Butterfly

3. Keim / 1:02.70

4. Chang / 1:02.97

6. Walker / 1:05.37

exh Manikandan / 1:11.41

100 Free

2. Kim / 51.81

3. Cheung / 56.12

5. You / 56.72

exh Edwards / 57.60

500 Free

2. Swan / 5:07.26

3. Kisova / 5:16.78

4. MacKinnon / 5:29.38

200 Free Relay

1. Zhao, Swan, Cheung, Kim /

1:38.12 ** new AE record

3. Walker, Edwards,
MacKinnon, You / 1:45.01

5. Chang, Naughton, Keim,
Manikandan / 1:47.08

100 Backstroke

2. Zhao / 56.92

4. Wonacott / 1:03.47

6. Zhang / 1:05.32
exh Romano / 1:08.38

100 Breast

3. Deng / 1:08.97

4. An / 1:10.23

6. Chang / 1:11.90
exh Keim / 1:14.53

400 Free Relay

2. Swan, Zhao, Kisova, Kim /
3:32.15

3. MacKinnon, Wonacott,
Edwards, An / 3:43.89

5. Naughton, Zhang, Deng,
Romano / 3:57.51

The team record is 5-0-1. On Saturday and Sunday March 4 and 5, we will host the New England Prep School Athletic Conference Division 1 Championships. You can find information about the meet

at <https://www.nepssa.org/>

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

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MARCH 4, 2023

**Swimming and Diving GV vs New England Division 1 Swimming Championships
2ND 296.5-389 (FIRST PLACE)**

ANDOVER DOMINATES TO TAKE RUNNER UP TROPHY AT NEW ENGLANDS!

Runner Up at 2023 New Englands held at Andover!

With thousands of yards swum and thousands of hours on the boards, the girls varsity swimming and diving season came to a tremendous ending at the Pan Athletic Center and The Christopher Lynn '66 Pool on Sunday with a second place finish at New Englands. This is the 10th time we have placed second in 50 seasons - having been New England Champions 8 times.

At this past weekend's meet, we posted over 35 season bests and more than 10 personal best times...a truly incredible feat at the close of a grueling final two weeks of the season.

Achieving an undefeated season with a 4th place finish at the Eastern Championships, we added three new school records to the record board this season.

100 Butterfly

Elissa Kim '24

55.31 (All American consideration)

100 Backstroke

Ariana Zhao '25

54.77 (All American consideration)

200 Free Relay

Ariana Zhao '25

Katie Swan '23

Emma Cheung '23

Elissa Kim '24

1:35.56 (All American consideration)

Complete results may be viewed on the league website (www.nepssa.org) or on Andover Aquatics (www.andoveraquatics.net).

School page: <https://athletics.andover.edu/teams/gsdv>

Finally, we will sorely miss our seniors! Melissa Chang, Emma Cheung, Daphne Edwards, Veronika Kisova, Maddy Shaffer, and Katie Swan have provided strong leadership this year and helped this team traverse the pandemic season of 2021. They ensured that the spirit of Andover Swimming and Diving prevailed:

commitment to fun, hard work and support of each other each and every day. We wish them well in their college careers!

Twitter: @AndoverGSwimDiv

Facebook: Phillips Academy Swimming and Diving

Instagram: pagvswim



Girls Varsity Swimming & Diving In the News

Andover Girls Swimming and Diving Opens 50th Season with Win

Opening its 50th season, Andover Girls Swimming and Diving dominated Choate on Saturday, sweeping the top three places in four of the seven scored swimming events. In its only dual meet away this season, the team ultimately won 97-81.

Despite the long and tiring drive, the trip to Choate gave the team an opportunity to bond, according to Elissa Kim '24. Kim shared how teammate Mia Wonacott '24 brought a camera for the team to record with, in hopes to look back on the videos at the end of the season.

"[As] it was our first meet, and the first away meet, there was a lot of bonding on the bus and one thing that was super exciting is a teammate, Mia Wonacott, brought a video camera that we used to film different people answering questions after their races and just had a lot of fun with that," said Kim.

Co-Captain Katie Swan '23 shared her immense pride in her teammates for their high spirits and performance. Swan highlighted the team's cheering.

"I am really happy with how the meet [went]. Everyone was really into it, everyone was cheering for each other. The environment was just really supportive which I think is a great gauge on how the team is performing. Because when our team is performing well, our spirits are high, and when our spirits are high, we perform well. So it's a positive feedback loop," said Swan.

Co-Captain Emma Cheung '23 shared a similar sentiment to Swan, illustrating the atmosphere of Saturday's meet. Cheung appreciated the close-knit bond that her teammates shared.

"[My] favorite part of the swim season are meets because of the incredibly supportive atmosphere the team brings. We'll always have someone cheering behind every Andover lane during meets. [Especially] when you're done with your race and you're climbing out, and you know there's always teammates saying what a great job you did and patting you on the back. [It] really emphasizes that close-knit bond we have on the girls [team]," said Cheung.

Swan noted the team's discipline and determination during the two-week Winter Break prior to the season opener. Despite being separated from one another, every team member worked to maintain their fitness, according to Swan.

"[Our] team was very productive over the break and you can kind of tell based on how people are doing. No one is complaining about having to go to practice... you don't hear any of that. When we got to the meet, you could tell everyone [was] ready to perform and people wanted to be there," said Swan.

After returning from break, the team had less than a week to prepare for the matchup against Choate.

However, due to persistent efforts to build community, the team went into Saturday eager to race for one another, according to Kim.

"We have a lot of team dinners after practices so that's a good bonding experience to have outside of practice. Within the practice itself, the day before the meet, we did a lot of relay starts, so that was super nice to get into the mindset of racing and scoring points for the team," said Kim.

Molly MacKinnon '24 played a major role in Saturday's meet, receiving shout-outs from multiple teammates. Swan emphasized MacKinnon's performance in the 200-Meter IM (individual medley event), where MacKinnon placed third despite being unfamiliar with the event.

"Everyone did really amazing. I was very, very proud of everyone, but I would like to shout out Molly MacKinnon because she swam the [200-Meter] IM for the first time. It's not an event she normally does and [she] killed it," said Swan.

Cheung highlighted MacKinnon's constant efforts to support her teammates. On top of individual performance, MacKinnon's words of encouragement stood out, according to Cheung.

"If [Molly] wasn't cheering on the side of the pool, she was cheering behind the pool, behind the lanes. But it's also beyond that. On the days leading up to the meet, she's always that person that will call out 'Last one! Halfway through!' It really helps you push through and it helps remind you that you're not the only one in the pool. You have all these other incredible swimmers that are there to push you, and you're all doing it [together]" said Cheung.

Andover Girls Swimming and Diving will face Suffield Academy at home on Saturday.

Girls Swimming and Diving Hosts First Meet in Pan Athletic Center

In its first meet in the Pan Athletic Center, Andover Girls Swimming and Diving dominated Suffield 134-48. Divers swept the top three places and swimmers had individual first place finishes in all but two swimming events, bringing the team's dual meet record to 2-0.

Compared to the smaller Borden Memorial Gym atmosphere, Saturday's meet in the Pan was lively and full of spectators, according to Valencia Zhang '25. The team will be hosting five more times this season, an increase from the one home meet held last season.

"Blue Key Heads came. A lot of parents were in the stands. It was really fun to look up there and see everyone, and see a lot of people there. It was a combined meet with Boys JV, so there were a lot of people. And there were just a lot of people on deck, so a lot of noise. A lot of cheering. A lot of energy," said Zhang. An upgrade from Borden's six-lane pool, Pan's complex includes thirteen lanes, some dedicated purely for warm-ups. With more space, the team had the opportunity to warm-up more thoroughly and test out new events, according to Orla Naughton '25.

"We have so much more time to warm ourselves up for races, warm ourselves down, just have more opportunities to race. So if there's an event you want to try out, since there are more lanes, you can just try it out without as high stakes. And also having so much room to have our team along with the JV team there, and the other team, too. We can really just host a really welcoming competition," said Naughton.

With a new facility, however, comes a need to change old habits. According to Zhang, the team has found difficulty with adapting its backstroke to the new pool.

"A lot of us, me included, have been struggling with the backstroke starts in the pool, but I think it'll just take another meet or so just for us to adjust to that and just get used to the new touchpads, new lanes, bigger pool, and stuff like that," said Zhang.

Andover's 200-Meter Medley Relay team, featuring Veronika Kisova '23, Addison Deng '26, Ariana Zhao '25, Elissa Kim '24, won with a time of 1:49.84, just two seconds off the school record. Kisova reflected on the thrill of racing in team relays.

"I think the relays are always fun to both watch and compete in because that's the most team environment you have. Because you're swimming with other swimmers in your event, so there's just a lot of team camaraderie there," said Kisova.

Leading up to the home opener, the team worked on sprint sets. Though challenging, the workouts had opportunities where the team could bond, according to Kisova.

"We did a couple sprint sets this week that were pretty challenging, and they were also fun because in sprint sets you kind of get to get out of the water and go off the blocks. And again having that time out of the water you can also support your teammates. So if you weren't swimming, you were cheering for your teammates who were," said Kisova.

Naughton appreciates the team's encouraging support and hopes that the team will take advantage of the Pan's extensive facilities.

"Even if you're the fastest person on the team or the slowest person on the team, everyone always cheers for each other, and I think that's something that really brings us together on the day of the meet. I think something that we could work on is just really trying to be well rounded in everything, even though we are. Just being able to try new things," said Naughton.

Andover Girls Swimming and Diving will host Westford Academy on Tuesday.

Evie Wood
Jan 20, 2023

Girls Swimming and Diving Earn Two New School Records at Easterns



Led by school record-breakers Ariana Zhao '25 and Elissa Kim '24, Andover Girls Swimming and Diving placed fourth at the Eastern Interscholastic Swimming and Diving Championship (Easterns) this past weekend. Along with Zhao and Kim's record breaking results, Andover also finished the meet with multiple athletes placing in the top three.

According to Co-Captain Emma Cheung '23, workouts prior to Easterns became shorter but more intense in preparation for the upcoming pressure-filled meet.

"The few days before [Easterns], these were tapering, which kind of means just like resting. You're going a little less yardage. Really making sure that your starts, turns, and relay starts were down and were good. So just kind of focusing a lot on technique rather than a lot of hard training. Just making sure we were kind of all-rested," said Cheung.

Molly MacKinnon '24 commended Ariana Zhao '25 for her record-breaking performance in the pool. Zhao topped her own record in the first backstroke race, and then broke it for a second time later on in the competition.

MacKinnon said, "I wanted to highlight Ariana Zhao '25. She broke her own school record in the [preliminaries] of the meet, so, use them in the morning, and then if you qualify for finals, use them again at night, and that's the same event. In the morning, so in [preliminaries], she broke her own school record by a full second, and then, at night, she placed third overall in backstroke, which is really great."

Heading into the meet it was critical for the team to maintain an open mind and positive energy throughout the competition. Cheung emphasized the importance of supporting one another through a crucial point of the season.

Cheung said, "I think in terms of mindset [it's about] really just trying to stay positive. Trying to think no matter what happens at this meet, we're all proud of how much work people gave in the season and how much dedication we've given to something hard. Giving to other needs and really training and just remembering that no matter how we do, we're so proud of ourselves and we're proud of our individual self but also proud of the team as a whole."

MacKinnon mentioned the exhaustion caused by the long days of competition, and the importance of pushing through at the pinnacle of the season. She noted the importance of putting in work early on in the season which pays off in the important competitions near the season's end.

"So we got back from Easterns on Sunday, and our meet [against Phillips Academy Exeter (Exeter)] is tomorrow, which is Wednesday, so we haven't had a lot of time, and we're pretty tired, and catching up on work and sleep. We're really just gonna rely on the hard work we've been putting in this season, so hopefully make up for how tired we are. But [Exeter] was at Eastern's as well, so I'm sure they're feeling it too, but it's gonna be fun. It'll be competitive, but hopefully, it'll be a good meet," said MacKinnon.

Andover will host New Englands this Friday.

Evie Wood
Feb 24, 2023

Girls Swimming and Diving Place Second in New Englands

Ending the season with 35 season best times and ten personal best times, Girls Swimming and Diving ended its undefeated season with a second place finish at the New England Division I Swimming and Diving Championships (New Englands).

Given the amount of pressure of New Englands, the team was ecstatic with its performance, as each member swam with confidence and a resolute mindset, according to Melissa Chang '23.

"We're all very proud of what we accomplished. With Elissa Kim '24 down because of sickness, all of us stepped up and did our best. Many of us made finals and swam our personal bests. The boys team, as expected, finished off with first and broke many records," said Chang.

Sophia You '26 believed that team spirit and encouragement pushed the team through nerves and boosted confidence going into each race. Despite the individual nature of swimming, she felt that the encouragement provided by the team throughout the meet displayed the close-knit and supportive culture of the team.

You said, "Overall, we placed second and we were happy with that outcome as everyone tried their best for the team. It was nice seeing everyone behind the blocks before their teammates swam, trying to help calm their nerves, and get them excited to race."

Chang described how the liveliness and organization of the meet allowed for athletes to excel.

"I think the meet went pretty well. It was very organized and there wasn't much delay in the events. The atmosphere was very nice — people were cheering for their teammates, warming up, or resting," said Chang.

As a Junior, You mentioned the thrill of watching all of the Seniors raise their trophies for the last time.

Given the major role that each Senior played throughout the season, it was a very special moment for the entire team.

"For me, a highlight of the meet was getting to see all of the Seniors holding the trophy at the end of the meet. It was nice seeing all their hard work during this season pay off. As a [Junior], I often felt confused at what to do in practice or at meets, but the Seniors' leadership and guidance helped me through, and made my experience on the team an amazing one," You said.

You added that the season ended on a positive and successful note, not only because of the team's performance in the pool, but also due to the creation of a welcoming and inclusive environment outside the pool.

"I'm really happy with the team's end of season meet. I loved getting to know everyone and seeing each individual grow into their swimming and their individual personalities," said You.

Chang noted how many members of the team were able to thrive under the pressure. Led by several standout performances, Andover ultimately ended its season with a variety of emotions.

Chang said, "One of the highlights of the swim meet included breaking the school record with a 47.85 in the 100-Fly, placing him first in prelims. It was also exciting to see Ariana Zhao '25 place first for 100-Backstroke. And the girls 400-Free Relay, the last event of the meet, was very intense and exciting as everyone cheered for their teammates and Andover placed second with a close time with third place Deerfield. Lastly, I would say the highlight of the highlight would be everyone hugging each other, crying, and laughing as we received our trophy."

Henry Snow
Mar 24, 2023



Diving

2022-23

Head Coach: Belinda Wolf

Captain: Madeleine B. Shaffer

Letter Winners: Madeleine Shaffer, Justus Kaufman, Catherine Oh, Sebastian Heredia, & Marek Deveau

Diving

2022-23 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Theodore S. Berman	2025	Armonk, NY
Brian Chica-Herrera	2024	Middle Village, NY
Sarah E. Hassanein	2024	North Andover, MA
Sebastian Heredia	2023	Brooklyn, NY
Justus P. Kaufman	2024	Chicago, IL
Trevor H. Moss	2023	Winchester, MA
Anjolaoluwa Odukoya	2024	Somerset, NJ
Catherine L. Oh	2023	Wellington, NZ
Madeleine B. Shaffer *	2023	Lynnfield, MA
Robert E. Swan	2025	Pelham, NH
Penelope M. Tong	2026	Stamford, CT
		*Captain

Coach: Belinda Canavan

Boys Varsity Indoor Track

2022-23

Coach: Keri Lambert

Assistant Coaches: Patrick Farrell, Tyren Dandridge, Jeff Domina, Ben DuClos, Leah Metzger, Matt McMasters, John Rex, Patrick Rielly, Nick Zufelt, Elizabeth Joseph, Garret Richie, & Casey Smith

Captains: Daniel S. Bae & Charles C. Benjamin

Managers:

Letter Winners: Alex Mazzarelli, Alex Shieh, Andrew Wen, Bennett Rodgers, Charlie Benjamin, Constantine Krenteras, Daniel Bae, Emerson Kington, Henry Zhao, Jack Li, Jaeyong Shim, Jakob Kuelps, Kamen Kaleb, Kevin Flores Blackmore, Kurt Meyer, Leo Peters, Luke Francis, Max Huang, Nathan Godsey, Ollie Buckhoff, Robert Budzinski, Russell Robinson, Sami Tokat, Tam Gavenas, & Vance Fabrizio

Award Winner: MVP – Daniel S. Bae

Boys Varsity Indoor Track 2022-23 Schedule and Results

Sat	12/03/2022	Indoor Track BV	Season Opener SAT test	A	10:00 AM				
Sat	12/10/2022	Indoor Track BV	NRHS/Governor's/Wilbraham/Marianapolis/Wheeler	H	2:00 PM				
Sat	01/14/2023	Indoor Track BV	UMass-Amherst "home"	A	9:00 AM				
Sun	01/15/2023	Indoor Track BV	UMass-Amherst "home"	A	9:40 AM				
Wed	01/18/2023	Indoor Track BV	Gov/Marianapolis/Landmark	H	3:15 PM				
Wed	01/25/2023	Indoor Track BV	Lawrence HS/Austin Prep	H	3:15 PM				
Wed	02/01/2023	Indoor Track BV	Governor's/Wilb/PEA/Marianapolis	A	3:15 PM				
Sat	02/04/2023	Indoor Track BV	NEPSTA MEET	H	10:00 AM				
Sat	02/11/2023	Indoor Track BV	BU Valentine ACT testing	A	11:30 AM				
Wed	02/15/2023	Indoor Track BV	Exeter	A	3:30 PM				
Sun	02/19/2023	Indoor Track BV	USATF- NE Championships	A	10:30 AM				



Phillips Academy Boys Varsity Indoor Track 2022-23

Daniel S. Bae *	2023	New York, NY	Maxwell Langhorst	2025	Andover, MA
Daniel J. Baek	2026	Arcadia, CA	Joshua J. Lee	2024	Chicago, IL
Charles C. Benjamin *	2023	Reading, MA	Chunze Li	2023	Medford, MA
Oliver E. Buckhoff	2024	Salem, MA	Nathan A. Liang	2025	Carmel, IN
Robert Budzinski	2026	North Andover, MA	Cameron T. Manzo	2026	Andover, MA
Lundeen B. Cahilly	2024	Old Greenwich, CT	Alexander Mazzarelli	2024	Hingham, MA
Mario E. Calvo	2024	Manhasset Hills, NY	Kurt A. Meyer	2023	Ridgewood, NJ
Abdiasis M. Daaud	2023	Waqooyi Galbeed, SO	John T. Moran	2024	Andover, MA
Nathaniel O. Darocha	2026	Cedarhurst, NY	Xavier M. Moran	2026	ANDOVER, MA
Emmanuel B. DeAngelis	2024	Newbury, MA	Marc A. Nelson	2025	Jackson, NJ
Ian T. D'Entremont	2026	Lowell, MA	Nathan A. Neu	2026	Wilmington, NC
Anthony Diaz	2025	Culver City, CA	Ozochi A. Onunaku	2025	Brooklyn, NY
Darren D. Donovan	2025	North Andover, MA	Leo W. Peters	2024	San Leandro, CA
Kiefer C. Ebanks	2023	George Town, KY	Avin I. Ramratnam	2024	Tiverton, RI
Vance M. Fabrizio	2024	Beverly, MA	Russell G. Robinson	2025	Avon, CT
Henry D. Ferguson	2025	Branford, CT	Bennett B. Rodgers	2026	Dallas, TX
Kevin I. Flores Blackmore	2023	Mexico City, MX	Matthew D. Schneider	2024	New York, NY
Luke B. Francis	2025	Cape May, NJ	Alexander K. Shieh	2023	Andover, MA
Tamrat A. Gavenas	2025	Andover, MA	Jaeyong Shim	2023	Andover, MA
William Z. Ge	2025	Chester Springs, PA	Kibalo C. Signan	2025	Bronx, NY
Nathan T. Godsey	2024	Honolulu, HI	Stephen H. Snow	2025	New York, NY
James A. Gordon	2026	Abu Dhabi, UAE	David H. Song	2026	Andover, MA
Sean W. Griggs	2026	Menlo Park, CA	Kai D. Szanton	2026	Charlotte, NC
Tianyi Evans Y. Gu	2025	Superior, CO	Sami N. Tokat	2026	Montclair, NJ
Ayush Gupta	2026	San Francisco, CA	Malcolm I. Tolbert	2026	Waltham, MA
Vernon L. Ha	2026	Hong Kong, CN	Andrew J. Tollman	2024	Georgetown, MA
Henry He	2026	Andover, MA	Henry T. Ty	2024	North Andover, MA
Brandon H. Horne	2025	San Francisco, CA	Winston-Hughes B. Wall	2025	Adams, MA
Max P. Huang	2024	Montclair, NJ	Eric Wang	2025	Fort Collins, CO
Kamen Kaleb	2025	Cambridge, MA	William P. Ware	2026	Andover, MA
Yifan Kang	2024	Shenzhen, CN	Matthew D. Wasilewski	2024	North Reading, MA
Arun Kapoor	2025	Inverness, IL	Andrew K. Wen	2023	Fremont, CA
Hwisoo Kim	2025	Sungnam-si, KOR	Andy Xu	2024	Andover, MA
Fumihiko Kimura	2025	Tajimi, JP	Anthony Yang	2025	Charlotte, NC
Emerson D. Kington	2024	Andover, MA	Henry Zhao	2023	Whitby, ON
Constantinos T. Krenteras	2024	West Orange, NJ	Haotong Zhong	2024	Hangzhou, CN
Jakob Kuelps	2025	Zug, CH	Darren Zhu	2024	Beijing, CN

Boys Varsity Indoor Track In the News

“Iron Sharpens Iron”: Boys Indoor Track & Field Wins Home Opener by Considerable Margin

Andover Boys Indoor Track & Field took first place by 41 points in its home opener, with team members taking individual wins in ten out of the 13 events.

According to Sami Tokat '26, Saturday's home opener against North Reading, Wilbraham & Monson, Governor's, and the Wheeler School saw thrilling energy and numerous spectators. The team's focus was not only to gauge its early-season standing among its competitors, but also to build strong support systems.

“For the Indoor Track program, I would say that the strength is definitely support, or always constant support. You know, we each have our own strengths and weaknesses, ready to support and push each other. We talk about iron sharpens iron. We're all helping each other along,” said Tokat. Russel Robinson '25 highlighted impressive performances that contributed to the excitement of the meet, specifically those of Co-Captain Daniel Bae '23. In his first race of the season, Bae took 0.16 seconds and 0.19 seconds off his 55-Meter and 300-Meter personal records, respectively.

“What really stood out was Daniel Bae's 6.74 [second 55-Meter], which is pretty close to the school record. [0.06] seconds off, which is really, really impressive.... He also won our 300-Meter race,” said Robinson.

Tokat, likewise, highlighted the success of the team's distance and mid-distance runners. Two runners in particular, Oliver Buckhoff '24 and Robert Budzinski '26 won their respective events, despite it being their first time competing for the program.

“Oli did the 600-[meter], and he won by [two seconds], and that was an incredible run. A lot of fun to watch. You saw the crowd cheering him on. He did fantastic. Another highlight I would say would be Robert Budzinski, who is a [Junior], and he won the Boys Mile with a time of around 4:55,” said Tokat.

Co-Captain Jaeyong Shim '23 believes the team can work to better prevent injury, which is often a result of the team's large numbers. With just ten coaches for 120 total team members, there is some difficulty in giving each athlete individualized training plans, according to Shim.

“We have such a wide range of people. We have newcomers. We have people that have been training for months, so I think it's hard to match that because we have a limited number of coaches.... Sometimes athletes get overworked, or they just follow the wrong training plan, and then they end up getting injured,” said Shim.

Looking ahead, Shim explained the team's long-term goals, some even extending to the Outdoor Track & Field season.

“Our end goal for Indoor is just beating Exeter [Phillips Exeter Academy]. And then obviously, we're going to go out for Outdoor and then perform at Interschols. We're just training right now. [It was a] great season opener. So we're just going to relax for our Winter Break and then get it going again,” said Shim.

Andover Boys Track & Field will host Governor's, Landmark School, and Marianapolis on Wednesday, January 18.

Evie Wood
Dec 15, 2022

Following Collegiate Meet, Boys Indoor Track and Field Destroys Competition at Home



Eight members of Andover Boys Indoor Track and Field traveled to the TRACK at New Balance in Boston to participate in the UMass Flagship Invitational on Sunday. Just three days later, the full team won at home by a margin of 72 points over Wilbraham & Monson, Governor's Academy, Marianapolis, and Landmark. On Sunday, the eight selected team members had the opportunity to compete in their events at the collegiate level. Participating in the 60-Meter Dash and Long Jump, Jaeyong Shim '23 described the thrilling atmosphere of the meet.

"It was actually personally the first time I ever went to a college meet. It was a lot more vibrant than a classic Andover meet. There were a lot more teams, a lot more

fans, and after my events I was just sitting on the bleachers and just watching the meet go by. It was really cool because the runners were a lot faster, [and] the jumpers jumped a lot further than what you would see at a typical high school meet, so it was an [honor]," said Shim.

Emerson Kington '24, who ran in the 200-Meter and 400-Meter, highlighted Co-Captain Daniel Bae '23 for his performance and drastic improvement from last season. According to Kington, Bae has become a role model through his consistently strong races and exemplary team spirit.

"I'd like to shout-out Daniel Bae. He's our captain and he ran really well in both of his events. He ran the 60-meter-dash and the 200-meter. [I] would say he's been working really hard, and it's definitely paid off.

Especially so early in the season. He's much faster than he was at this point last season, so I'm really proud of him and his improvement," said Kington.

In attendance at the invitational were colleges from both the Division I and Division III levels. Faced with harder competition, Shim found techniques to alleviate the pressure and stay relaxed leading up to his events.

"I tend to do a lot better when I'm less nervous so I think that's what helps me get in the right headspace.



Just to act like it's natural and nothing too serious. But this was a wonderful opportunity for a group of people to go to a college meet and learn a lot and have another opportunity to get a personal record," said Shim.

On Wednesday, team members had first place finishes in eight out of twelve events, propelling the team to a dominant victory. Despite competing in its last full-team meet more than a month ago, the team saw personal records (PRs) across the board, according to Andy Xu '24. Xu achieved a PR in the 55-Meter Dash by 0.12 seconds.

"The atmosphere was conducive to PR's, and I really felt the team energy coming into the first meet of 2023. I really felt like that kind of energy, where everyone was cheering each other on, was absolutely monumental to the team's performance," according to Xu.

Bae highlighted Shim and Constantine Krenteras '24 for their performances in the 55-Meter Hurdles. Despite racing the event for the first time this season, Shim and Krenteras took first and second place, respectively.

"There was also development for our track team as a whole because we ran some relays, and we had some people try some different events. So for instance, the first time we raced this December, we [didn't have] hurdles, but we had [Jaeyong] and Constantine in hurdles today. Shout out Jaeyong... He won it really easily, and it's one of his first times hurdling in a race," said Bae.

Participants in Wednesday's meet displayed selflessness and spirit. Some stepped up to fill in legs of team relays, whereas others constantly cheered on teammates, according to Bae.

"The meet was full of a lot of 'non sibi,' clearly from those volunteering efforts, but also just a lot of joyous support.... I have not witnessed that much team spirit in a long time. Just seeing everyone huddled around the finish line after all fourteen boys and girls 55-Meter heats and cheering on our teammates was something really special," said Bae.

The team will be hosting Austin Prep, Landmark, Lawrence High School, and Montrose on Wednesday.

Sophia Cratty

Jan 20, 2023

Boys Indoor Track and Field Places Second in Lowerclassmen Meet at Exeter

In a lively and energetic all-lowerclassmen meet, Andover Boys Indoor Track and Field emerged with dominant performances in several events. With 109 points, Andover defeated Austin Preparatory School (Austin Prep), Landmark, and Governor's, but fell short to Phillips Academy Exeter (Exeter) by 12 points. Despite not competing in the meet, Co-Captain Daniel Bae '23 traveled to Exeter to support the team. Bae commended younger teammates for their determination and numerous personal records (PRs)

"I mean, you could look at the score and see we got second place, but really I think that is really representative of performance because we had big PRs from a lot of people. And I think they all handled the first time going to an away meet for most of them really well," said Bae.

Will Ware '26 highlighted the performances of teammates in the Two-Mile race. With a time of 9:32.02, Tam Gavenas '25 broke the meet and Lower class record.

"Tam's Two-Mile was really impressive... And so was David Song [26]'s Two-Mile... The Two-Mile is a very challenging event, so I thought that was cool how they were able to do it very fast and just kind of muscle through it, and they did very well in that," said Ware.

Tianyi Gu '25 believed the meet was a good opportunity for the lowerclassmen to compete against others of similar age, allowing some events to be highly competitive. Arun Kapoor '25 edged out an Austin Prep runner by just 1.31 seconds to take the win in the 1000-Meter race.

"Whereas previously it was harder to be quite as competitive, now that you're racing against people that are generally closer to age and your level, it ends up having a lot of tight races. It's also cool to get to know the lowerclassmen athletes from other schools," said Gu.

Similarly, Ware was grateful for the chance to compete with others more similar to his skill level, which led to a PR in the One-Mile. Ware noted that the competition allowed him to push himself harder.

"Racing people who are a little bit more your level is just a lot more fun and challenges you even a little bit more, so I think there were a lot of PRs just because of that reason. There are people around you who have similar times as yours, and kind of pushing up against those kinds of people was a lot of fun, and it was a good challenge," said Ware.

Though changes in the practice schedule made it harder to ensure adequate meet preparation, Gu emphasized that team members worked to take advantage of whatever time they had. Gu also appreciated the advice from coaches in the days leading up to the meet.

"It was tough because Monday was Head of School Day, so in terms of preparing for the meet there was still optional practice, but that was slightly difficult because it was less like structured preparation time. But other than that, the coaches did a really good job of preparing us for the events that we'd be running and giving tips on technique and form and also training our speed and endurance based on what we've had to improve on," said Gu.

Looking to Saturday's meet against various NEPSAC schools, the team looks to compete in new relays, such as the Distance Medley Relay and Sprint Medley Relay. According to Bae, the team will be focused on preparing for the relays, in addition to ensuring adequate recovery from Wednesday's meet.

"Aside from just the normal technical stuff, we're going to work really, really hard on relay exchanges, running curves. The events we're running on Saturday are slightly different, so we have to talk a little bit about pacing. But other than that we're going to take the next few days kind of light," said Bae.

Andover Boys Indoor Track and Field will be hosting the NEPSTA All-Comers meet on Saturday.

Evie Wood

Feb 3, 2023

Boys Indoor Track and Field Qualifies for Nationals, Breaks Class Record at NEPSTA All-Comers



Andover Boys Indoor Track and Field hosted over 20 schools and 250 athletes on Saturday for the New England Preparatory School Track Association (NEPSTA) All-Comers meet.

To begin the unscored meet, Andover's Distance Medley Relay (DMR) team ran a time of 10:49.30. This time qualified the team for the Rising Stars division for the New Balance Nationals Indoor meet, which will be held in mid-March. The team included Max Huang '24, Andrew Wen '23, Oliver

Buckhoff '24, and Tam Gavenas '25.

Henry He '26 felt that Saturday's meet was the ideal way to prepare the team for its final full-team meet against Phillips Exeter Academy (Exeter) on February 15. He was impressed with how well the team fared against such strong competition.

"It was a really good meet. It's our last meet before [Andover/Exeter]...and I think it's the second-to-last meet for most people, said He. He added, "Overall, I think we got pretty good results, especially against so many people... There were 21 teams, 200 plus people, and I think we did really well. We placed in a lot of different events."

In the 55-Meter Dash, Russel Robinson '25 placed eighth with a time of 6.88 seconds, breaking the Lower class record. Co-Captain Charlie Benjamin '23 described the highly-competitive atmosphere that was provided by the vast number of teams at the meet.

"It was definitely one of our more high-energy meets, only because there were around 20 different schools that came. Usually, we have at most six. There were some really special performances, not necessarily all by PA athletes either, which made the competition a little more fierce. But, that just made it more fun," said Benjamin.

Despite the split in event groups and the large number of athletes on Andovers team, the team's leaders have focused efforts on building team community through "meet buddy" groups and combined warmups, according to He. He believes that the relationships formed within the team help athletes to perform better through continual support during the competition.

"As a team, I think overall we're a really well-balanced team this year. We have really high performers on both the sprints side and the distance side, as well as many field events... It's just that we're really well rounded, and that we also support each other a lot... You know, we do everything together. There's a lot of team bonding activities that we do," said He.

Placing fourth in the 400-Meter Dash, Emerson Kington '24 values the effort that his teammates have put in throughout the season. He feels that the hard work team members have put into practice is beginning to pay off, especially as the team approaches championship meets in the latter part of its season.

"I know that we have a lot of very hard workers, and I think there's a lot of people that really want to improve, and we definitely see it come into fruition in our meets. There's a lot of dedicated runners and I think it's really nice to see that," said Kington.

Benjamin noted that an increase in injuries has plagued the team, resulting in fewer numbers at practices and meets. He hopes that the team will be able to get back to full strength in time for the Andover/Exeter meet.

"The most important thing right now is just staying healthy. So, we've had a lot of injuries recently, and it's something you can see in practice, or at least, I can see during warm ups because when I'm leading warm ups I get to have a good visual of everyone who's there, and recently the crowd has been a little thinner," said Benjamin.

Andover Boys Indoor Track and Field will compete against Exeter away on Wednesday.

Evie Wood
Feb 10, 2023

Boys Indoor Track and Field Ends Regular Season with Tough Loss to Exeter

On Wednesday, Boys Indoor Track and Field traveled to Phillips Academy Exeter (Exeter) for the annual Andover/Exeter (A/E) meet. Although the team ultimately fell 75.33-33.66, among the highlights was Co-Captain Daniel Bae '23 breaking the 300-Meter school record with a time of 36.12 seconds.

However, prior to the A/E dual meet, Tam Gavenas '25 represented the team in the 3,000-Meter race at the Boston University Valentine Invitational. Setting a new personal record (PR) of 8:26.92, Gavenas described the supportive environment that he competed in, surrounded by coaches, teammates, and alumni.

"It just really felt good having all my coaches there supporting me, and Max supporting me, and just like getting on the track, just running my race. And Coach [Patrick] Reilly, in fact, brought an old Captain, or an old member of the team, Chris Ratcliffe [20], who gave me a pre-race hype, and so it was really fun," said Gavenas.

Though the team may not have collected a win, Sami Tokat '26 maintained a positive outlook on its performance.

"I think it was super positive. We had some really good competition from Exeter, they're one of the top teams, I would say, in the region... and they went out and we battled hard. I think that a lot of the times fell and people PR'ed, and it was just overall sort of positive," Tokat said.

John Moran '24, a thrower, discussed both the mental and physical aspects that the team worked to improve on before their final meet. Moran spoke on the importance of respect at such an important meet as this one.

"[Spirit] is one of the main things we've been trying to maintain. Respect was also something emphasized, because Andover/Exeter is a pretty big matchup for our school. That's usually when people get spicy. So

emphasizing the importance of being respectful to everyone was important. In terms of improving on my event it was just a lot of strength training,” said Moran.

Though track isn’t often thought of as a team sport, Tokat highlighted the strengths of the team and its unconditional support of each other.

“I would say just the comradery that we’ve built in the sport, like the teamwork, being able to work off of each other in the races, and being able to support each other even though we’re competing, we’re competing together, and I think that’s super strong,” Tokat said.

Moran believes the meet stands as a worthy finish to the regular season for most of the team. In addition, Moran shared his satisfaction with how the season carried out.

“I think it was a good conclusion to the season because as I said, tons of PRs, tons of records. Everyone I talked to said, ‘You know, I did this at the start of the season, and I did this at the end of the season, and I’m really happy with how it all worked out.’ So I would say it definitely was a strong conclusion to the season even though we didn’t get the result we wanted in terms of points,” said Moran.

Select members of the team will travel to Harvard University this Sunday for the USA Track & Field (USATF) New England Championships.

Evie Wood

Feb 17, 2023



Girls Varsity Indoor Track

2022-23

Coach: Keri Lambert

Assistant Coaches: Tyren Dandridge, Ben DuClos, Elizabeth Joseph, Matt McMasters,

John Rex, Patrick Rielly, Garrett Richie, Casey Smith, Nick Zufelt

Captain: Anabelle O. Biggs & Patricia A. Tran

Managers:

Overall Season Record

Win	Loss	Tie

Letter Winners: Abbie Chang, Anabelle Biggs, Annabel Tu, Aruir Kapoor, Audrey Powers, Elena Dainora Cohen, Elyse Goncalves, Emily Cain, Emma Hagstrom, Evelyn Darling, Grace Hammond, Gracie Aziabor, Hailey Piasecki, Hayden Fischer, Jazzy Cormier, Kendall Toth, Lauren Herlihy, Maya Sharar, Patty Tran, & Wylie Roossien

Award Winner: MVP - Emily E. Cain

Girls Indoor Track

2022-23 Schedule and Results

Sat	12/03/22	Indoor Track GV	Season Opener	A	10:00 AM	BU	
Sat	12/10/2022	Indoor Track GV	NRHS/Governor's/Wilbraham/Marianapolis/Wheeler	H	2:00 PM	Snyder	
Sat	01/14/2023	Indoor Track GV	UMass-Amherst "home"	A	9:00 AM	New Balance	
Sun	01/15/2023	Indoor Track GV	UMass-Amherst "home"	A	9:40 AM	New Balance	
Wed	01/18/2023	Indoor Track GV	Gov/Marianapolis/Landmark/Wilb	H	3:15 PM	Snyder	
Wed	01/25/2023	Indoor Track GV	Lawrence HS/Austin Prep	H	3:15 PM	Snyder	
Wed	02/01/2023	Indoor Track GV	Governor's/Wilb/PEA/Marianapolis	A	3:15 PM	at PEA	
Sat	02/04/2023	Indoor Track GV	NEPSTA MEET	H	10:00 AM	Snyder	
Fri	02/10/2023	Indoor Track GV	BU Valentine	A	6:30 PM		
Wed	02/15/2023	Indoor Track GV	Exeter	A	3:30 PM		
Sun	02/19/2023	Indoor Track GV	USATF- NE Championships	A	10:30 AM	Harvard	

Girls Indoor Track

2022-23 Roster

Agnes C. Agosto	2024	Hopkinton, MA	Christine Lee	2023	Fullerton, CA
Darielys Almonte	2025	Lawrence, MA	Virginia L. Marshall	2025	Andover, MA
Enobong R. Anako	2024	Taunton, MA	Danyella Mendez	2025	Sunnyside, NY
Gracie T. Aziabor	2026	Atkinson, NH	Darla R. Moody	2024	Andover, MA
Sarah H. Bae	2026	New York, NY	Petra Mrazova	2023	Bratislava SK
Anabelle O. Biggs *	2023	Vineyard Haven, MA	Megha R. Narayanan	2023	McLean, VA
Emily E. Cain	2023	Burien, WA	Ashley S. Park	2023	Seoul, KOR
Hazel M. Cameron	2026	Bedford, NY	Lucy E. Parker	2026	Andover, MA
Sonya Caro Del Castillo	2026	Orinda, CA	Tina B. Phan	2026	Los Gatos, CA
Abigail A. Cheng	2023	San Francisco, CA	Hailey R. Piasecki	2026	Gig Harbor, WA
Jazaher B. Cormier	2024	Fort Myers, FL	Audrey E. Powers	2024	Andover, MA
Sophia F. Cratty	2025	Andover, MA	Anaya A. Qamar	2026	Costa Mesa, CA
Elena Dainora Cohen	2023	Cambridge, MA	Isabelle A. Quito	2025	Ossining, NY
Evelyn T. Darling	2023	Carlisle, MA	Madison M. Redmond	2025	Memphis, TN
Aria N. Erickson	2025	Seattle, WA	Wylie B. Roossien	2026	Nahant, MA
Hayden Fischer	2025	Chicago, IL	Alison Schneider	2026	Andover, MA
Langan G. Garrett	2024	Mill Valley, CA	Alyssa Y. Schoonmaker	2026	Tai Hang, CN
Leilani Glace	2025	Brooklyn, NY	Maya L. Sharar	2023	Andover, MA
Carolina Gomez Recio	2023	Colmenar Viejo,	Chloe H. Song	2026	Lexington, MA
Elyse C. Goncalves	2023	Haverhill, MA	Julia Y. Song	2026	Andover, MA
Emma E. Hagstrom	2025	Reading, MA	Kendra Tomala	2026	Irvine, CA
Grace D. Hammond	2023	Andover, MA	Kendall E. Toth	2024	Salem, NH
Sofia K. Hatzigiannis	2026	North Andover, MA	Patricia A. Tran *	2024	Glenelg, MD
Lauren E. Herlihy	2025	Reading, MA	Anna Tsvetkov	2026	Cambridge, MA
Blake Herndon	2025	Minneapolis, MN	Annabel S. Tu	2025	Andover, MA
Morgan D. Hsu	2026	Repulse Bay, CN	Hillary Tufino	2026	Lawrence, MA
Boling Huang	2023	Shanghai, CN	Paris S. Vega	2024	Lawrence, MA
Dilnawa D. Kizghin	2025	Lincoln, NE	Evie M. Wood	2025	Andover, MA
Leanny Lara Garcia	2024	Lawrence, MA			

*Captain

Coach: Keri Lambert

Assistant Coaches: Tyren Dandridge, Ben DuClos, Elizabeth Joseph, Matt McMasters,
John Rex, Patrick Rielly, Garrett Richie, Casey Smith, Nick Zufelt

Girls Indoor Track

2022-23 Roster

Agnes C. Agosto	2024	Hopkinton, MA	Christine Lee	2023	Fullerton, CA
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Enobong R. Anako	2024	Taunton, MA	Danyella Mendez	2025	Sunnyside, NY
Gracie T. Aziabor	2026	Atkinson, NH	Darla R. Moody	2024	Andover, MA
Sarah H. Bae	2026	New York, NY	Petra Mrazova	2023	Bratislava SK
Anabelle O. Biggs *	2023	Vineyard Haven, MA	Megha R. Narayanan	2023	McLean, VA
Emily E. Cain	2023	Burien, WA	Ashley S. Park	2023	Seoul, KOR
Hazel M. Cameron	2026	Bedford, NY	Lucy E. Parker	2026	Andover, MA
Sonya Caro Del Castillo	2026	Orinda, CA	Tina B. Phan	2026	Los Gatos, CA
Abigail A. Cheng	2023	San Francisco, CA	Hailey R. Piasecki	2026	Gig Harbor, WA
Jazaher B. Cormier	2024	Fort Myers, FL	Audrey E. Powers	2024	Andover, MA
Sophia F. Cratty	2025	Andover, MA	Anaya A. Qamar	2026	Costa Mesa, CA
Elena Dainora Cohen	2023	Cambridge, MA	Isabelle A. Quito	2025	Ossining, NY
Evelyn T. Darling	2023	Carlisle, MA	Madison M. Redmond	2025	Memphis, TN
Aria N. Erickson	2025	Seattle, WA	Wylie B. Roossien	2026	Nahant, MA
Hayden Fischer	2025	Chicago, IL	Alison Schneider	2026	Andover, MA
Langan G. Garrett	2024	Mill Valley, CA	Alyssa Y. Schoonmaker	2026	Tai Hang, CN
Leilani Glace	2025	Brooklyn, NY	Maya L. Sharar	2023	Andover, MA
Carolina Gomez Recio	2023	Colmenar Viejo,	Chloe H. Song	2026	Lexington, MA
Elyse C. Goncalves	2023	Haverhill, MA	Julia Y. Song	2026	Andover, MA
Emma E. Hagstrom	2025	Reading, MA	Kendra Tomala	2026	Irvine, CA
Grace D. Hammond	2023	Andover, MA	Kendall E. Toth	2024	Salem, NH
Sofia K. Hatzigiannis	2026	North Andover, MA	Patricia A. Tran *	2024	Glenelg, MD
Lauren E. Herlihy	2025	Reading, MA	Anna Tsvetkov	2026	Cambridge, MA
Blake Herndon	2025	Minneapolis, MN	Annabel S. Tu	2025	Andover, MA
Morgan D. Hsu	2026	Repulse Bay, CN	Hillary Tufino	2026	Lawrence, MA
Boling Huang	2023	Shanghai, CN	Paris S. Vega	2024	Lawrence, MA
Dilnawa D. Kizghin	2025	Lincoln, NE	Evie M. Wood	2025	Andover, MA
Leanny Lara Garcia	2024	Lawrence, MA			

*Captain

Coach: Keri Lambert

Assistant Coaches: Tyren Dandridge, Ben DuClos, Elizabeth Joseph, Matt McMasters,
John Rex, Patrick Rielly, Garrett Richie, Casey Smith, Nick Zufelt

Girls Indoor Track In the News

Andover Girls Indoor Track & Field Wins by Four Points in “Intense” Home Opener



A final lean at the finish line in the 4 x 400-meter relay pushed Andover Girls Indoor Track & Field to a win over North Reading, Governor's, Wilbraham and Monson, and the Wheeler School in its home opener. Competing in the meet's final event, members of the 4 x 400-meter relay were already fatigued from participating in events prior, but nonetheless gave it their all, according to Kendall Toth '24.

Running stride-for-stride behind Governor's anchor leg, Toth gained the lead in the final straight and leaned farther over the finish line to secure the win.

“[The runner from Governor's] and I were close until the last 200 meters where she had a lead, but I was not about to let the other girls down knowing how hard they worked. So, I gave it everything I had at the end, and didn't look behind me because I knew Governor's was right on my heels. I didn't know how close until the last ten meters.... It was intense and exciting and shocking and tiring in the best way possible. The energy and adrenaline and the cheering from the amazing crowd all created a feeling and a scene that are both indescribable,” wrote Toth in an email to *The Phillipian*.

The win in the 4 x 400-meter relay ultimately gave Andover enough points to take first in the team standing by a marginal four points. Besides Toth, the relay team's other runners, Hayden Fischer '25, Emma Hagstrom '25, and Lucy Parker '26, were all lowerclassmen. Langan Garrett '24 highlighted the younger members of the team who have the potential to grow exponentially in the three to four years to come.

“I think that both teams, both the girls and the boys teams, beat the other schools by a good margin, but I think it's a younger team. A lot of Seniors graduated last year, so there's a lot of potential with the younger students,” said Garrett.

According to Gracie Aziabor '26, a key part in the team's performance came from the energy and connections the team formed in the first two weeks of practices. Despite the 120-person team, Aziabor found that it was easier than expected to form bonds with teammates.

“At the beginning, I definitely thought it would be hard for me to connect to most of my teammates just because of the amount of people, but there's lots of things the team does as a group that gets us all to connect and get to know each other better. For example, there are buddy groups. They assign you a random group of people who are in different events and things, just so you can get to know them better and cheer them on... Also, there are lots of fun traditions...it's just something everyone can bond over,” said Aziabor.

Annabel Tu '25 noted that in Track & Field, people compete in various events at different levels, making progress individualized for everyone. Tu commented that a common goal of the team is to continue improving as a whole, no matter what the specific goals of each individual look like.

“With track, especially since they combined [Junior Varsity] and Varsity, everyone is at a different level when they come into the sport. So I think a goal for everyone is just to improve. It's not like there's a common time or distance or number that you have to reach for everyone because everyone is at a different skill level. Everyone has their own personal goal of improving upon their mark, no matter what it is,” said Tu.

Looking ahead, team members expressed hopes to work on its recovery habits and reflection. Aziabor emphasized the importance of assessing performances after meets in order to identify weaknesses to improve upon.

“While you're at meets, you're pushing yourself really, really hard, and so when you're going back to practice you don't want to completely throw yourself into a 100 percent workout just yet...”

Analyzing how the performances went at the meet, and using what we know about said performances to improve...just using what we know about the preparation for the meet, seeing how

that affects our performance, and then going from there and trying to make little tweaks and changes to maximize our performance in the upcoming meets,” said Aziabor.

Andover Girls Indoor Track & Field will race at home against Governor’s, Marianapolis, the Landmark School, Wilbraham and Monson, Lawrence High, and Austin Preparatory School on Wednesday, January 18.

Angie Lucia
Dec 15, 2022

Girls Indoor Track and Field Competes at UMass Flagship Invitational; Follows with Win at Home



Andover Girls Indoor Track and Field sent five members to compete at the UMass Flagship Invitational on Sunday. In addition to attendance at the invitational, the team hosted Governor’s Academy, Marianapolis, Landmark, and Wilbraham & Monson on Wednesday, taking first place in the quad meet by 56.5 points.

Held at New Balance’s TRACK in Boston, the UMass Flagship Invitational gave top high school athletes the opportunity to compete unattached at a college meet. According to Co-Captain Anabelle Biggs ’23, who competed

in the 200-Meter and Long Jump, the athletes chosen for the meet were grateful for the chance to compete at a higher level, eager to improve their times.

“We went in with the intention of just being able to run at such a great facility because it’s very new and they have a banked track, which athletes prefer to run on rather than a flat track. So we went to just see how much we’ve improved and get some good marks and times down,” said Biggs.

Racing against older, more experienced athletes in high school can be challenging and stressful.

Lauren Herlihy ’25, who ran in the 1000-Meter, explained how the team was able to use the pressure as motivation to perform better.

“This meet was different than a regular meet because we were racing against college kids, and it was on a bigger stage against higher competition. My teammates and I rose to the occasion and performed at a higher level,” said Herlihy.

Also running the 1000-Meter, Hayden Fischer ’25 shared a similar sentiment to Herlihy. The meet forced teammates to find a balance between focus on personal performance and taking advantage of the surrounding competition.

“It’s definitely important to be competitive, but also run your own race, so not letting anyone get into your head too much. And just making sure that you’re focused on your race, but also competing with the people around you. I think since a lot of these collegiate athletes are really fast, it was fun to push myself to run faster,” said Fischer.

The five athletes felt the support of the whole team at the invitational. Competing teammates received numerous well wishes and good-luck messages prior to the meet, showing the positivity and strong bonds within the team, according to Biggs.

“I took away how special our team is, even those who weren’t there. A lot of our athletes who were there got messages from other teammates who weren’t there saying, ‘Good luck,’ or, ‘I’m rooting for you,’ and, ‘Thinking of you,’ and things like that. There were a lot of positive messages from people who weren’t even there,” said Biggs.

Since Wednesday’s meet was the first full-team meet since mid-December, it served as a check-in to see the current standing of the team. Kendall Toth ’24 explained how the team’s determination and training throughout the winter break led to the significant victory, accumulating 99.5 of 172 points total.

“I think our coaches just really wanted us to compete and give our best and see where we are because a lot of us just came back from break. Everyone has different fitness levels, so today was getting information, but giving it the best we can. We have money in the bank from all of our training and trying to do as much as we can and compete and win,” said Toth.

Although it was a larger meet against four schools, there was still room for Andover runners to have healthy competition against each other, according to Fischer. For example, the team had six

members in the top ten of the 55-Meter race, with a standout performance from Wylie Roossien '26, who tied the Junior class record.

"It's definitely a competitive race within the Andover community. They put a lot of people that are around the same level in a race together so they could compete against each other. I think just some healthy competition within the Andover community is good, and helps build that community," said Fischer.

Looking forward, the team hopes to continue strengthening individual performances and interpersonal bonds. Toth highlighted the continuous development of trust between coaches and athletes.

"I think [we'll work on] continuing to build and continuing to remain focused and be patient with the process. [We have to] trust the coaches, trust each other, get closer as a community. And continue to compete and continue to get better and grow and get after it this season," said Toth. Andover Girls Track and Field will host Lawrence High School, Austin Prep, and Landmark next Wednesday.

Angie Lucia

Jan 20, 2023

Girls Indoor Track and Field Sends Juniors and Lower to Record-Breaking Meet

Juniors and Lower on Andover Girls Track and Field traveled to Phillips Exeter Academy on Wednesday to race against Exeter, Governor's, Wilbraham & Monson, and Marianapolis. The team won by a margin of 93 points, with Gracie Aziabor '26 breaking the Junior class record in the 55-Meter Dash. Wylie Roossien '26 also broke the Junior class record and meet record in both the 300-Meter and 600-Meter events.

In preparation for the lowerclassmen meet, the team stuck to its usual training plan but incorporated some skills that were unfamiliar to younger athletes, such as baton passing. Annabel Tu '25 described how the atmosphere of the meet was different without upperclassmen in attendance.

"The preparation was similar. We train every day to get faster and stronger. I also think there are people who did events that they don't usually do that often. Especially some relays because sometimes it's mostly an upperclassman running them. So we had to practice, like some people who typically don't do relays, they had to practice baton hand-offs... There weren't as many upperclassmen there, so we had to figure out more stuff on our own," said Tu.

Gracie Aziabor '26 highlighted the supportiveness of the team when breaking the Junior class record. Aziabor also appreciated how every team member displayed enthusiasm, and everyone got their own moment of encouragement and congratulations.

"[I] like the fact how you get your moment to celebrate, and then, it's straight back to cheering on your teammates and embodying the PATF spirit. I think it's really great, because the fifty-five [meter] was one of my earlier events. I still had the [four by two hundred-meter Relay], and I still had to finish shot put, so I loved how everyone was there to congratulate me, and everyone was like, 'Oh, we're so proud of you.' That was great," said Aziabor.

According to Hayden Fischer '25, an only lowerclassmen meet is very different from what the team is used to. Fischer noted that the experience allowed lowerclassmen to compete at their best without the stress of competing against athletes two or even three years older.

"I think it is definitely fun being the only ninth and tenth graders there because it can be quite intimidating racing against people that are a lot older. So just having people that are closer in age is almost comforting in a sense," said Fischer.

With just two full-team meets until the end of the season, the team hopes to continue improving and staying consistent. Aziabor also emphasized the importance of making connections within the whole Andover Track and Field program, which consists of both the boys and girls teams.

"As the season is coming to an end, we're trying to stay motivated, stay focused. For a lot of people, me included, sometimes when I near towards the end of things, I lose motivation. I'm like, 'Okay, it's practically over.' We're just working to keep the motivation up, and also still get to know each other better, because there's a hundred and thirty-something people on the track team, which is a lot of people, and we train in split-up groups," said Aziabor.

Andover Girls Track and Field will host the NEPSTA All-Comers Meet on Wednesday.

“No Pressure, No Diamond”: Girls Indoor Track and Field Relay Team Qualifies for Nationals

Andover Girls Indoor Track and Field hosted 21 schools and over 250 athletes for the New England Preparatory School Track Association (NEPSTA) All-Comers Meet on Saturday. Although the meet was unscored, Andover swept the 55-Meter Dash, with Emily Cain '23 leading the charge. In the final event of the day, Andover's Sprint Medley Relay (SMR) team ran a time of 4:21.57, qualifying for the New Balance Indoor Nationals meet that will be held at the TRACK in March.

Running both the 55-Meter Dash and the 800-Meter leg of the SMR, Wylie Roossien '26 noted how the meet was memorable, especially for the team's upperclassmen. The positive turnout amplified the emotions within the team, according to Roossien.

“One thing that was really awesome about Saturday was the fact that it was our last home meet of the season. That was really special for a lot of the upperclassmen and Seniors, especially the Captains... So there were just a lot of people there supporting them, cheering them on through the highs and the low moments,” said Roossien.

Faced with more competition and new events, such as the Sprint and Distance Medley Relays, the team felt greater pressure to perform well, according to Grace Hammond '23. Ultimately, Hammond observed the team channeling its nerves into motivation, eager to compete at its best.

“This meet was special too because we ran...different events than we normally would... I definitely think that there was more pressure, which is kind of nice. Our coach, who is our sprint coach, Coach [Matthew] McMasters kept saying, ‘No pressure, no diamond.’ It's exciting to have a moment and an opportunity where you have to perform. I think it was a good nervousness,” said Hammond. Head Coach Keri Lambert pushed the team to bring all of its energy and focus to the meet, according to Allison Schneider '26. Schneider highlighted the lively cheering and support that was apparent throughout the day.

“Coach Lambert at the beginning of the meet, early in the morning, made sure to remind us to bring excellent energy to the track and to be completely immersed in each other and ourselves, and the running and just the sport. We brought some really good cheering and energy. Everyone was rooting for their teammates, and it was great,” said Schneider.

Sharing a similar sentiment to Schneider, Roossien appreciated the constant support from her teammates, which created a welcoming and comfortable competition environment. Other members of the national-qualifying SMR team included Hammond, Audrey Powers '24, and Jazzy Cormier '24.

“As the last leg, all that was going through my mind was, ‘Let me give it everything I have.’ I really wasn't too worried about disappointing anybody. There's never any pressure on us, which I love about the [Andover Girls Track and Field] culture. There's not any expectation to qualify or anything like that... Honestly, I think the support of my teammates, coaches, [and] some of my family there, really helped me relax. When I got on the line, and I received the baton, I was like, ‘I can do this,’” said Roossien.

Andover Girls Indoor Track and Field will face Phillips Exeter Academy on Wednesday.

Girls Indoor Track and Field Ends Regular Season with National Qualifier and A/E Win

Four athletes from Andover Girls Indoor Track and Field competed at the BU Valentine meet last Friday, amongst many other high school and college athletes, securing the opportunity to compete at Nationals. The whole team then competed at Phillips Exeter Academy (Exeter) and won the rivalry.

Kendall Toth '24, Hayden Fischer '25, Lauren Herlihy '25, and Emma Hagstrom '25 were all a part of the qualifying Distance Medley Relay. According to Toth, racing at such a competitive meet against many collegiate athletes motivated and inspired the group to do so well.



E “The atmosphere was insane. There were so many talented athletes of all levels, it was amazing to be in the presence of such incredible people... The energy of the meet was electric and just witnessing it all was so inspiring, intimidating yes, but mostly inspiring. This was different because it was more of us against ourselves, rather than us against other schools in our league. We went into the meet looking to qualify for Nationals, and we got our job

done. When you are racing with college athletes, it's more about how you can push yourself when you're surrounded by such intense competition,” wrote Toth in an email to *The Phillipian*.

It was important to draw motivation from within the members of the relay group itself. Herlihy noted how important it was to cheer and support one another in order to achieve such a significant goal.

“It was really great because we could use each other throughout the race and cheer everyone on. It was a good thing to accomplish as a group, especially because it was such a great group,” said Herlihy.

In preparation for Nationals, the group plans to continue to consistently train, so that when the time comes to perform, they'll be ready. Toth mentioned the excitement of Nationals and competing against athletes from across the country.

“We will compete and work really hard so when we get to Nationals, we run even faster and perform even better. It's going to be super competitive, and we know that we have a great opportunity to show what we can do. We are super excited and also super focused,” said Toth.

At Wednesday's meet against Exeter, Hillary Tufino '26 highlighted that despite the rivalry between the two schools, there was still an immense amount of support from both Andover and Exeter, which allowed athletes the opportunity to perform at their best.

“This was actually our first dual meet of this season because usually we go against a ton of schools, but this is the first just two schools competing against each other. It was a lot smaller and a lot more intimate. It was a lot easier to see your competition because it's very competitive. We all went and we put in the energy and the effort to just make it a good last meet. No matter what number you got, no matter how bad you were trying to [personal record], if you were trying to qualify for Nationals, everybody wanted to be there and everybody was there to support one another. It never felt like anyone was being judged. Even as we left Exeter and we were gathering our stuff, Exeter was huddled for a group picture and they shouted, “Thank you, Andover,”” said Tufino.

Herlihy mentioned how much the support of Co-Captain Patricia Tran '24 affected the whole team. Not only did she perform at an elite level, but her energy lifted up the whole team.

“I want to shout out our Captain, Patricia. She had so much spirit on the track, and it was one of her first races back. She [set a personal record] in the two mile, and she's just always there for everyone and always cheering everyone on. It's such a great inspiration,” said Herlihy.

A select group of athletes will compete on Sunday at the USA Track and Field New England Championship.

Angie Lucia
Feb 17, 2023

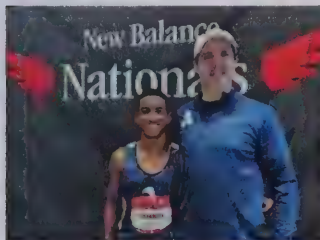
Track and Field Competes at 2023 New Balance Nationals Indoor



Eight Andover Track and Field athletes ended their season against top high-schoolers in the nation at New Balance Nationals Indoor (NBNI), nicknamed the “fastest party on the planet.” From March 9 to 12, NBNI was held at the TRACK at New Balance in Boston, Massachusetts. Since the team's season had ended two weeks before NBNI, competing athletes had to prepare outside of their normal season practices, according to Audrey Powers '24. Powers raced in the 4×200-Meter Relay, alongside teammates Wylie Roossien '26, Grace Hammond '23, and Jazzy Cormier '24.

“[Our preparation] was really a mix of everything. Only two of our relay members were actually local over [Spring Break], so while we were in school we did a lot of training just the four of us, practices in Snyder [Center]... There were some practices [during Spring Break] where it was just me working with [Coach Matthew McMasters] on very specific stuff relative to each relay leg, and there were some others where another local relay member, Wylie Roossien was able to come over, and the two of us were able to work on tech stuff together and practice together there,” said Powers.

Some athletes competed in multiple events over the course of four days, presenting both mental and physical challenges during preparation and recovery. Running in the Freshman Mile on March 9 and the Freshman 800-Meter on March 12, Robert Budzinski '26 took his second race as an opportunity to fix mistakes in his race plan.



“[What changed between those days] was just mindset. I prepared myself... I didn't run aggressive enough in the [Freshman] Mile, so in the 800[-Meter], I said, 'I'm going to go out, and I'm going to run aggressive and really try to put myself in the front of the race,' and I did that. It was more of a mentality change. I saw what didn't work the first time, and I changed it, which I think was a great opportunity I got since I had so much time in between the races,” said Budzinski.

Also competing at NBNI was Tam Gavenas '25, Emma Hagstrom '25, and Max Huang '24. Huang, who raced in the Rising Stars 2-Mile, shared the team's strategy for keeping the energy up at such a high-stakes meet.

“[At] some of the smaller meets, where it was a dual meet or a three team meet, you're always going to have so many people cheering just for you around the track. It was a little different [at NBNI] because there are only one or two voices cheering for you when you're racing, but I think everyone who went from Andover was cheering super loudly, and they were super encouraging, so that helped. It was so loud when you were racing you could just channel all of that energy anyway,” said Huang.

In addition to the 4×200-Meter Relay, Roossien ran in the Freshman 400-Meter, placing ninth overall. She noted that the difference between her two races was the support she felt from her relay teammates.

“[With support], you don't have to do everything. You don't have to bear the entire race on your shoulders... Personally, I don't really get scared about the result, but more about how much some of those races hurt. They are exhausting, especially towards the end, so I was fearing that. For a relay team, it's really awesome because we're all in it together. We all get to experience that pain, and then we get to cheer each other on. It's never quiet on the track. We're always supporting each other, always cheering each other on,” said Roossien.

According to Budzinski, support also came from the coaches who held practice in Snyder Center after the end of the team's regular season, in addition to cheering on the team at NBNI. Budzinski noted how much he appreciated the coaches' guidance despite them being on Spring Break.

“One thing I would like to say, the coaches came to the meet during their Spring Break, which I felt was really nice and kind of them and selfless. I think that should be recognized that the coaches took time out of their own break to come and help support us at the meet,” said Budzinski.

Of the eight who competed at NBNI, seven will be returning for the Outdoor Track and Field season.

Angie Lucia
Mar 24, 2023

Varsity Wrestling

2022-23

Coach: Kassie Archambault

Assistant Coaches: Rich Gorman & Jason York

Captains: Colin P. Nugent & Miles E. Palmer

Managers: Reese DiBiase, Nahila Hutchinson, Charles Murphy, Kevin Niu, Ella Williams,
& Sonia Xiong

Overall Season Meet Record

Win	Loss	Tie
9	3	

Letter Winners: Nicholas Anastos, Bodhi Beroukhim, Tasha Bohorad, Julia Carmona, Sakina Cotton, Suhaila Cotton, Eleanor Dehoog, Reese DiBiase, Josh Espinoza, Ben Forman, Nahila Hutchinson, Byron Johnson, Magnus Julin, Nick Lima, Isabelle Matloff, Adrian Morrison, Charles Murphy, Evangeline Murphy, Tucker Nee, Kevin Niu, Colin Nugent, Daniella Nugent, Thomas O'Brien, Leo Oguntoyinbo, Miles Palmer, Ben Perez, Julian Rios, George Ryckman, Tayla Tildsley, Ella Williams, Sonia Xiong, & Reese York

Award Winners:

Richard S. Pieters Award: Colin P. Nugent

Richard Lux M.I.P. Award: Evangeline V. Murphy

Wrestling

2022-23 Schedule and Results

Wed	12/07/2022	All-Gender Wrestling V	St. Paul's	H	3:00 PM	45-30	W		Pan Center
Sat	12/10/2022	All-Gender Wrestling V	Avon Holiday	A	1:00 PM	3-1	W		
Sun	12/11/2022	Wrestling G	St. Paul's	A	11:00 AM				
Wed	12/14/2022	All-Gender Wrestling V	Wilbraham & Monson	A	4:15 PM	60-16	W		
Sat	12/17/2022	All-Gender Wrestling V	Battle of the Bay	A	9:00 AM				at Tabor
Sat	01/07/2023	All-Gender Wrestling JV	Choate	A	2:30 PM				
Sat	01/07/2023	All-Gender Wrestling V	Choate	A	2:30 PM	33-48		L	
Wed	01/11/2023	All-Gender Wrestling V	Noble & Greenough	A	3:30 PM	48-29	W		
Wed	01/11/2023	Wrestling G	Open	H	3:30 PM	11-9	W		Memorial Gym
Sat	01/14/2023	All-Gender Wrestling V	Deerfield/Hyde/PEA	A	2:00 PM	54-27, 42-39	W,W		at Drf
Wed	01/18/2023	All-Gender Wrestling JV	Exeter	H	3:30 PM	18-14	W		Pan Center
Sat	01/21/2023	All-Gender Wrestling V	RoxLat/BH/Tabor/PEA	A	3:00 PM	18-54		L	At BH
Sat	01/28/2023	All-Gender Wrestling V	Seabrooke Duals	A	12:00 PM				at Exeter
Sun	01/29/2023	Wrestling G	Female Tournament, 10th annual	H	12:00 PM				Memorial Gym
Wed	02/01/2023	All-Gender Wrestling V	Governor's Academy	A	3:15 PM	51-26	W		
Wed	02/01/2023	Wrestling G	Middlesex	A	3:15 AM				
Sat	02/04/2023	All-Gender Wrestling V	Northerns	A	9:00 AM				Hyde, ME 23
Wed	02/08/2023	All-Gender Wrestling V	St. Sebs	H	3:00 PM	35-42		L	
Sat	02/11/2023	All-Gender Wrestling V	INTERSCHOLS CLASS A	A	10:00 AM				SPS
Wed	02/15/2023	All-Gender Wrestling JV	Exeter	H	3:30 PM				Pan Center
Fri	02/17/2023	All-Gender Wrestling V	NEW ENGLANDS	H	4:00 PM				Snyder Center
Sat	02/18/2023	All-Gender Wrestling V	NEW ENGLANDS	H	9:00 AM				Snyder Center
Fri	02/24/2023	All-Gender Wrestling V	NATIONALS	A	12:00 PM				MD
Sat	02/25/2023	All-Gender Wrestling V	NATIONALS	A	12:00 PM				MD



Phillips Academy All Gender Wrestling 2022-23

Edward M. Adams	2023	Pelham, NY	Isabelle R. Matloff	2024	Los Angeles, CA
Cheon il Allado	2024	Bronx, NY	Adrian A. Morrison	2023	Brooklyn, NY
Nicholas S. Anastos	2023	Norwell, MA	Charles V. Murphy	2023	Charlottesville, VA
James Bae	2026	New York, NY	Evangeline V. Murphy	2025	Boston, MA
Arden A. Berg	2024	Marblehead, MA	Tucker J. Nee	2023	Boxford, MA
Bodhi Beroukhim	2025	Brookline, MA	Leticia J. Nhaule	2025	Maputo City,
Nathan L. Blumofe	2024	Cambridge, MA	Yifei K. Niu	2025	Scarsdale, NY
Tasha P. Bohorad	2026	Orwigsburg, PA	Quinn C. Novick	2023	Laguna Beach, CA
William E. Buehler	2024	Greenwich, CT	Colin P. Nugent *	2023	Boxford, MA
Graham J. Burtle	2024	Portland, OR	Daniella I. Nugent	2025	Boxford, MA
Julia Carmona	2024	Bronx, NY	Thomas W. O'Brien	2023	Reading, MA
Angelique Ceballos Cardona	2025	Lawrence, MA	Leo S. Oguntinyinbo	2025	Hillsborough, NC
Marie K. Christodoulou	2024	Alexandria, VA	Miles E. Palmer *	2023	Milton, MA
Aeva S. Cleare	2026	Andover, MA	Benjamin B. Perez	2023	Boston, MA
Sakina I. Cotton	2024	Cambridge, MA	Kaeley L. Pierre	2023	Los Angeles, CA
Suhaila I. Cotton	2024	Cambridge, MA	Arnold E. Principal	2024	Brooklyn, NY
Destiny F. Covington	2026	Bronx, NY	Julian J. Rios	2026	Lowell, MA
Eleanor R. DeHoog	2024	Box Elder, SD	George H. Ryckman	2024	New York, NY
Reese M. DiBiase	2023	Knoxville, TN	Layla B. Shmuylovich	2026	Toronto, ON
Josh S. Espinoza	2025	Bronx, NY	Tayla J. Tildsley	2023	Billerica, MA
Benjamin T. Forman	2023	Washington Depot, CT	Margaret M. Tsien	2026	Fort Lee, NJ
Sebastian H. Haferd	2025	Cambridge, MA	Charles D. Vest	2025	Chestnut Hill, MA
Nahila Hutchinson	2024	East Orange, NJ	Lillianna R. Villanueva	2025	Thousand Oaks, C.
Jonathan N. Jin	2024	Hudson, OH	Ella M. Williams	2023	Topsfield, MA
Byron E. Johnson	2025	Washington, DC	Sonia H. Xiong	2024	Malvern,
Magnus G. Julin	2025	North Andover, MA	Reese P. York	2026	Andover, MA
Ophelia Lee	2026	Gainesville, FL	Wendi Zheng	2024	Andover, NJ
Nicolas O. Lima	2025	Sea Girt, NJ			

*Captain

Coach: Kassie Archambault
Assistant Coaches: Rich Gorham, Chip Dunn, Jason York

Wrestling

2022-23 Highlights

DECEMBER 7, 2022

Wrestling AGV vs St. Paul's

W 45-30

ANDOVER WINS SEASON OPENER AND FIRST MEET IN NEW WRESTLING FACILITY

Andover won their season opener and the first meet in our new Lawrence Family Wrestling Suite 45-30 against St. Paul's School. The dual meet started at 165 lbs, and we lost the first match to a tough returning New England place-winner. At 175 Ben Forman '23 bounced back with an exciting 6-4 decision. Andover dropped the next three matches and was trailing St. Paul's 3-24. At 106 lbs freshman Julian Rios pinned his opponent after outscoring them 11-0. Sakina Cotton '24 and George Ryckman '24 both followed up with pins of their own. At 132 lbs Magnus Adams '23 earned his first varsity win with a 6-4 decision. Co-captain Miles Palmer '23 won a tough 6-4 decision, and co-captain Colin Nugent '23 closed the dual with a first period pin, bringing the team score to 45-30. In exhibition matches, Suhaila Cotton '24, Tasha Bohorad '26, Eva Murphy '25, Josh Espinoza '25, Benjamin Perez '23, Bodhi Beroukhim '25, and Nick Lima '25 all earned wins for the Big Blue. Tucker Nee '23 had an exciting 8-5 victory over his opponent, and Tayla Tildsley '23 battled it out against the reigning New England Champion for an eventual 2nd period pin. On Saturday the varsity team travels to Avon Old Farms for their Holiday Dual Tournament, and on Sunday the girls head to St. Paul's school for a tournament.



DECEMBER 10, 2022

Wrestling AGV at Avon Old Farms Duals

W 3-1

ANDOVER GOES 3-1 AT AVON HOLIDAY DUALS

The Big Blue Wrestlers went 3-1 today at the Avon Holiday Dual tournament. The team started the day with a 54-21 win against Pomfret. The dual started at 113, where Julian Rios '26 claimed a first period pin. We lost the next three matches before co-captain Miles Palmer '23 pinned his opponent, bringing the team score 12-15. Bodhi Beroukhim '25, Colin Nugent '23, Leo Oguntinyinbo '25, Ben Forman '23, Nick Lima '25, and Sebastian Haferd '25 helped Andover run away with the rest of the meet with pins of their own. Josh Espinoza '25 and William Buehler '24 also earned pins in exhibition matches.

In the second meet of the day, Andover wrestled the host school, Avon Old Farms. Andover started off with a forfeit and a loss, but Magnus Julin '25 had an inspiring third period pin to put the first team points on the score board for Big Blue. Miles Palmer '23, Bodhi Beroukhim '25, Colin Nugent '23, Leo Oguntinyinbo '25, Ben Forman '23, Sebastian Haferd '25, Julian Rios '26, and Sakina Cotton '24 all contributed pins to put Andover in the lead, 54-30.

In the third meet of the day, Andover earned 6 pins and two forfeits to defeat Nobles 54-30. Miles Palmer '23, Bodhi Beroukhim '25, Tucker Nee '23, Colin Nugent '23, Leo Oguntinyinbo '25, and Nick Anastos '23 all earned pins. In exhibition matches, Cheon il Allado '24 and Josh Espinoza also pinned their opponents.

In the fourth and final dual meet of the day, Andover fell to a tough Brunswick team. Miles Palmer '23 had a great 5-3 win over a returning New England placer, and Bodhi Beroukhim '25 had an exciting 11-3 major decision. Colin Nugent '23 and Julian Rios '26 pinned their opponents, but it wasn't enough to pull out the win for big Blue.

Congrats to Sebastian Haferd '25, Nick Lima '25, Nick Anastos '23, Magnus Julin '25, Tucker Nee '23 and Leo Oguntinyinbo '25 on their first varsity wins of the season.

Julian Rios 4-0; Sakina Cotton 2-2; Magnus Adams 0-4; Magnus Julin 2-2; Miles Palmer 4-0; Bodhi Beroukhim 4-0; Tucker Nee 1-3; Colin Nugent 4-0; Leo Oguntinyinbo 3-1; Ben Forman 2-2; Nick Lima 1-3; Sebastian Haferd 2-2; Nick Anastos 2-1; Byron Johnson 0-1

Andover vs. Pomfret W 54-21

Andover vs. Avon W 54-30

Andover vs. Nobles W 54-30

Andover vs. Brunswick L 19-54

<https://vimeo.com/780004631>

DECEMBER 11, 2022

Wrestling AGV at St. Paul's - Girls Tournament

ANDOVER CROWNS 2 CHAMPS AND HAS 8 OTHER PLACERS

Andover crowned two champions and had 8 other placers at the St. Paul's Girls Tournament today. Tayla Tildsley '23 led the way with three pins on her way to victory. Nor DeHoog '24 also placed first after defeating her Marianapolis opponent 10-1, and pinning her Andover teammate. Four Andover wrestlers placed 2nd. Suhaila Cotton '24 won two exciting matches, one by pin and the other in a 9-8 decision, before falling in the finals to a more experienced opponent. New wrestler Angie Ceballos-Cardona '25 also placed 2nd; she had a 5-2 victory in the quarterfinals and a 5-3 victory in the semifinals. Leticia Nhaule '25 had an inspiring pin over her Marianapolis opponent to claim 2nd place; and Isa Matloff pinned her St. Mark's opponent, and lost a tough match to her NMH opponent in the finals. Julia Carmona went 3-1 to place 3rd, with victories by pin, a 12-11 decision, and a 10-5 decision. Tasha Bohorad '26 went 1-2 and placed 4th, with an exciting 7-4 victory in the consi-semifinals. Luke Christodoulou '24 also went 1-2 and placed 4th, with one victory by pin. Pierre '23 went 2-2 and placed 4th as well, earning 2 pins on the day. Also competing well for Andover were Nahila Hutchinson '24, Aeva Cleare '26, Ophelia Lee '26, Bella Shmuylovich '26, and Lilly Villanueva '25.

<https://vimeo.com/780396986>



DECEMBER 14, 2022

Wrestling AGV at Wilbraham & Monson

W 60-16

ANDOVER IMPROVES RECORD TO 5-1 WITH 6 PINS

Andover improves it's record to 5-1 after an on-the-road victory at Wilbraham and Monson. Byron Johnson '25 put Andover's first points on the board with a first period pin. Eva Murphy '25, Magnus Julin '25, and Miles Palmer '23 followed suit with pins of their own. Bodhi Beroukhim '25 won a solid 10-5 decision against a strong opponent. Tucker Nee '23 had an exciting back and forth match with his opponent, and although he outscored him in the third period, it wasn't enough to pull off the victory. Tayla Tildsley '23 made her varsity debut at 165 and after a scoreless first period, she earned a second period pin. Leo Oguntinyinbo '25 followed suit with a first period pin, and Nick Lima '25 closed out the dual with an exciting 6-4 victory. In exhibition matches, Lilly Villanueva hit an escape, a take down, and pinned her opponent with a half nelson in the first period. Josh Espinoza '25 pinned his opponent in the second period, and Ben Perez '23 pinned his opponent in the first period. This weekend Andover will travel to Tabor for the Battle on the Bay Tournament

<https://vimeo.com/781314188>

DECEMBER 17, 2022

Wrestling AGV at Battle on the Bay Tournament

4 CHAMPS AND 7 OTHER PLACERS AT TABOR TOURNAMENT

Thirteen Andover wrestling traveled to Tabor Academy for the Battle on the Bay tournament. Leading the way for Big Blue was co-captain Colin Nugent '23, who became a repeat tournament champion at 157 lbs, pinning all four of his opponents. Freshman Julian Rios '26 won his first tournament in an Andover singlet, dominating in the 106 lb weight class with a 13-0 victory in the finals. Co-captain Miles Palmer '23 had a very strong showing at 138 lbs, pinning his first two opponents, defeating his opponent in the semifinals 10-3, before falling in the finals to his NMH opponent. At 165 lbs Leo Oguntinyinbo '25 went 2-2; he pinned his opponent in the quarterfinals, but lost his semifinals match to the eventual champion. He rallied in the consi-semis with another pin, but fell to a tough Brunswick opponent and placed 4th. At 126 lbs Magnus Julin went 1-3 and placed 6th. Also competing well for Andover were Bodhi Beroukhim '25 and Tucker Nee '23. In the Girls' Division, Tayla Tildsley '23 and Eleanor DeHoog '24 led the way with two pins each for first place. Sakina Cotton '24 and Eva Murphy '25 both went 2-1 and placed 2nd; Suhaila Cotton '24 went 1-2 and placed 3rd, and Isa Matloff went 1-2 placed 2nd. In team scoring Andover won the girls division and placed 6th out of 22 teams in the high school division. We are now on winter break, and when we return in January we will travel to Choate on 1/7 for a dual meet.

JANUARY 7, 2023

Wrestling AGV at Choate

L 33-48

DESPITE 5 PINS, ANDOVER FALLS 33-48 TO A TOUGH CHOATE TEAM

Andover failed to take down the Wild Boars today at Choate Rosemary Hall in the first dual meet of the new year, falling short 33-48. However, it was a back and forth meet with many exciting matches. The first match of the day was the most inspiring; at 132 lbs, Eva Murphy '25 was down 4-8 in the third period when she headlocked her opponent and pinned him with just over a minute left in the match, scoring 6 team points for Big Blue. Co-captain Miles Palmer '23 followed suit with a first period pin of his own. Andover lost the next three matches before Leo Oguntinyinbo '25 evened the team score with a third period pin. Andover lost the next four matches to strong Choate opponents. At 106 Julian Rios '26 rallied the team with a 26 second pin, and Sakina Cotton '24 earned a thrilling 14-8 victory over a tough opponent at 113. George Ryckman '24 added a pin of his own, but it wasn't enough to put Andover in the lead. In exhibition matches, Reese York '26 pinned two of his Choate opponents. Magnus Adams '23 (happy birthday!) pinned his opponent in the third period following a reversal. Julia Carmona '24

pinned her opponent in 20 seconds, and Josh Espinoza pinned his Choate opponent in the second period. Suhaila Cotton '24 ended the day for us with a 24 second pin. Andover is now 5-2 in dual meets and heads to Nobles on Wednesday.

JANUARY 11, 2023

Wrestling AGV at Nobles and Greenough (Varsity)

W 48-29

ANDOVER ADVANCES RECORD TO 6-2

Andover traveled to Dedham, MA today for a rematch against Nobles, and the Big Blue was again victorious. Co-captain Colin Nugent '23 started the team off with a first period pin. Andover dropped the next four matches, but Byron Johnson '25 rallied the team with a pin and turned the tables in Andover's favor. Julian Rios '26 followed suit with a pin of his own, and Sakina Cotton '24 had an exciting come from behind victory with a pin in the third period to give Andover the advantage. George Ryckman '24 and Miles Palmer '23 also defeated their opponents, and Reese York '26 and Bodhi Beroukhim '25 won by forfeit. In exhibition matches, Eva Murphy '25 pinned her opponent, and James Bae '26 won his first wrestling match ever with a 8-5 decision.

JANUARY 14, 2023

Wrestling AGV at Deerfield vs Hyde

W 54-27

Andover vs. Hyde W 54-27

Andover vs. Exeter W 42-39

Andover went 2-0 in New Hampshire during the Class A Tri-meet against Hyde School and Phillips Exeter. Against the Hyde school, Andover won 54-27, including a 39 second pin from Bodhi Beroukhim '25. The team refocused for their second dual meet of the day to battle our school rival, Exeter. At 120 lbs George Ryckman '24 opened the dual with a 21 second pin. At 126 lbs. Eva Murphy '25 had another come from behind victory, where she was down 2-7 and pinned her Exeter opponent in the second period. Andover lost the next match, but co-captain Miles Palmer '23 kept the team in the lead with another pin. Exeter rallied with a pin of their own, but Colin Nugent '23 followed up with another pin. At 157 lbs, Tayla Tildsley '23 battled it out against her Exeter opponent, and ended up losing the match 2-4, but her hard work kept Andover in the margin of victory. Ben Forman '23 won with a 46 second pin. Andover dropped the next four matches, and Exeter crept into the lead, but with two forfeits at 106 and 113, Andover pulled away for a 42-39 victory. Before the dual meet Andover and Exeter had two exhibition matches, one of which Suhaila Cotton '24 won by pin in the second period.

On Saturday the team travels to Belmont Hill for a quad against other New England Prep Schools.

On Wednesday JV competes at home against wrestlers from Exeter and Governor's.

JANUARY 21, 2023

Wrestling AGV at Belmont Hill vs. Roxbury Latin

30-46

ANDOVER GOES 0-2 ON SATURDAY

Andover went 0-2 on Saturday against two very tough teams. Against Belmont Hill, Julian Rios '26 opened the dual with a very exciting 3-1 win in overtime. Andover lost the next 5 matches, and then Bodhi Beroukhim '25 won an exciting come-from-behind 10-7 decision over his opponent. Colin Nugent '23 followed up with a quick first period pin, and Ben Forman '23 also pinned his opponent. Andover lost to Belmont Hill 18-54.

Andover wrestled Roxbury Latin next. Julian Rios '26 opened the dual again with a quick first period pin. Unfortunately Andover lost the next 4 matches, until co-captain Miles Palmer '23 put 6 more points on the board for Andover with a pin. Co-captain Colin Nugent '23 also pinned his opponent, but it wasn't enough for Andover to take the lead, and the team lost 30-46.

In exhibition matches against Tabor, Andover went 3-1. Margaret Tsien '26, Wendi Zheng '23, and Bella Shmuylovich '26 all pinned their opponents.

JANUARY 21, 2023

Wrestling AGV at Belmont Hill

L 18-54

BIG WINS FROM RIOS '26, BEROUKHIM '25, NUGENT '23, AND FORMAN '23

Andover went 0-2 on Saturday against two very tough teams. Against Belmont Hill, Julian Rios '26 opened the dual with a very exciting 3-1 win in overtime. Andover lost the next 5 matches, and then Bodhi Beroukhim '25 won an exciting come-from-behind 10-7 decision over his opponent. Colin Nugent '23 followed up with a quick first period pin, and Ben Forman '23 also pinned his opponent. Andover lost to Belmont Hill 18-54.

Andover wrestled Roxbury Latin next. Julian Rios '26 opened the dual again with a quick first period pin. Unfortunately Andover lost the next 4 matches, until co-captain Miles Palmer '23 put 6 more points on the board for Andover with a pin. Co-captain Colin Nugent '23 also pinned his opponent, but it wasn't enough for Andover to take the lead, and the team lost 30-46.

In exhibition matches against Tabor, Andover went 3-1. Margaret Tsien '26, Wendi Zheng '23, and Bella Shmuylovich '26 all pinned their opponents.

JANUARY 28, 2023

Wrestling AGV at Seabrook Duals

ANDOVER GOES 2-1

Andover went 2-1 today at the Seabrook Duals, hosted by Phillips Exeter. In the first dual meet of the day, Andover had a rematch with Avon Old Farms. Julian Rios '26, Sakina Cotton '24, and George Ryckman '24 started the dual off strong with 3 quick pins. Andover lost the next match in a very close 8-11 decision, but Palmer '23, Nugent '23, Tildsley '23, Espinoza '25, and Johnson '25 each earned 6 team points, giving Andover a decisive 66-15 victory.

In the second meet of the day, Andover took on returning New England Champs, Northfield Mount Hermon. Andover wrestlers lost some close, tough matches in this dual, but Julian Rios '26 dominated with a 10-0 major decision over his opponent.

In the third meet of the day, Andover defeated Brooks 54-24, with pins from Rios '26, Ryckman '24, Nugent '23, Espinoza '25, and Morrison '23.

In exhibition matches against Exeter, Ethan Principal '24 won his first wrestling match ever with a 22-8 major decision. Nick Lima '25 had a come from behind victory and he pinned his opponent in the second period. Adrian Morrison '23 won an exciting 9-6 decision as well.

Tomorrow Andover hosts the 9th Annual Girls Wrestling Tournament. On Wednesday the team travels to Governor's to wrestle Governor's and Thayer Academy, and Team Abbot heads to Middlesex.

JANUARY 29, 2023

Wrestling vs Ninth Annual Female Wrestling Tournament

ANDOVER TAKES THE TEAM TITLE FOR 2ND YEAR, WITH 2 CHAMPS AND 10 PLACERS

We had 103 wrestlers from 30 different schools participate in the 9th Annual Phillips Academy Girls Wrestling tournament. We kicked off the day with a clinic from 7x National Team Member, 2x College National Champion for Menlo College, World University Champion, and 2x Olympic team alternate, Katherine Shai. We then had a tournament with 14 blocked weights, 11 of which were 8-person brackets, and 3 of which were round robin brackets of 5. For the 8-person brackets we did double elimination and wrestled through 4th place. Phillips Academy took the team title with 27 points; Silver Lake came in 2nd place with 11 team points. Our Outstanding Wrestler of the day was the 116 lb champion, Sara McLaughlin of Scituate High School.

Place winners:

105: 1.Jailyn Edwards Josiah Quincy HS, 2.Maddie Morse St. Paul's, 3.Gracia Galicia Marvelwood, 4.Claire Yoon Middlesex

108.9: 1.Daniel Gasso Portsmouth Abbey, 2.Hailey Lewis Silver Lake, 3.Molly Moroney Burlington, 4.Margaret Tsien Phillips Academy
 113: 1.Sydney Diauto, Silver Lake, 2.Sakina Cotton Phillips Academy, 3.Abigail Muller Leominster, 4.Thu Hoang Marianapolis
 116.4: 1.Sara McLaughlin Scituate, 2.Rowan McIntosh NMH, 3.Sachi Mehra Choate, 4.Kassie Schaeberle, Middlesex
 121.1: 1.Madeline Li Andover HS, 2.Maya Douge Middlesex, 3.Brooke Lightfoot Tewksbury, 4.Julia Carmona Phillips Academy
 124.9: 1.Hannah Bryson Wilmington, 2.Lilly Gessner Lawrenceville, 3.Tasha Bohorad Phillips Academy, 4.Luke Christodoulou Phillips Academy
 128.1: 1.Natalia Accorsi Tabor, 2.Eva Murphy Phillips Academy, 3.Olivia Delegas Greater Lawrence, 4.Anjue Liang Boston Latin
 133.4: 1.Linh Ho Boston Latin, 2.Waverly Compagnone Portsmouth Abbey, 3.Fiona Fittante Middlesex, 4.Maddei Joyce Marianapolis
 139.6: 1.Elsa Holmes & Leanne La Choate, 3.Charlotte Lokere Lawrence Academy, 4.Avery Colgate Gov's
 145.3: 1.Lily Fitzpatrick St. Paul's, 2.Ivy Michaud Masconomet, 3.Tess Clabaugh Boston Latin, 4.Bella Shmuylovich Phillips Academy
 151.4: 1.Xavia Banigan Gov's, 2.Reagan Ramadan West Nottingham (MD), 3.Meghan Wiebe Sharon, 4.Meritt Coward Portsmouth Abbey
 164.8: 1.Daniela Nugent Phillips Academy, 2.Kiia Huovinen West Nottingham, 3.Karla Lazaro NMH, 4.Olivia Maddams Chapel Hill
 180.3: 1.Tayla Tildsley Phillips Academy, 2.Lindsay Laws Silver Lake, 3.Niyala Curley NMH, 4.Marisol Almanzar Greater Lawrence
 HWT: 1.Samantha Rabkin Sharon, 2.Eleanor DeHoog Phillips Academy, 3 (tie): Destiny Covington Phillips Academy, Dylan Hoyes-Gwebenyo Marvelwood, Leticia Nhaule Phillips Academy
 TEAM SCORES (5-3-2-1):
 1.Phillips Academy 27, 2.Silver Lake 11, 3.Choate 10, 4.Portsmouth Abbey 8, T5.Boston Latin, NMH, Middlesex with 7pt (26 teams scored points)
 OW: Sara McLaughlin, Scituate, 116.4

FEBRUARY 1, 2023

Wrestling AGV at Governor's Academy

51-26

ANDOVER GOES 2-0 ON THE ROAD TODAY

Andover vs. Thayer W 78-6

Andover vs. Governor's W 51-26

Andover went 2-0 today while on the road at Governor's Academy. In the first match of the day Andover wrestled Thayer Academy. Julian Rios '26, George Ryckman '24, Miles Palmer '23, and Nick Lima '25 all recorded pins for the Big Blue, who won the dual meet 78-6. In our second meet of the day, Andover took on host school Governor's. George Ryckman '24, Miles Palmer '23, and Bodhi Beroukhim '25 all scored first period pins for the team. Tayla Tildsley '23 had an exciting 6-3 decision at 157 lbs. Adrian Morrison '23 was leading 8-4 before pinning his opponent in the second period. Nick Lima '25 was narrowly winning a 1-0 match when he pinned his opponent in the 3rd period. In his varsity debut for the Big Blue, Thomas O'Brien '23 pinned his opponent in 15 seconds. And Julian Rios '26 rounded out the dual for us with another pin. The team is now 12-5 in dual meets. This weekend we head to the Northern New England tournament at Hyde, and next Wednesday is our last dual meet of the season against St. Sebastian's at home for our Senior Day.

FEBRUARY 1, 2023

Wrestling AGV at Girls - Middlesex

TEAM ABBOT GOES 3-8

At Middlesex, Team Abbot went 3-8 against some tough wrestlers from Middlesex and Nobles. Suhaila Cotton had an exciting pin over a more experienced Middlesex opponent. Bella Shmuylovich outwrestled her Nobles opponent to win 15-10, and Angie Ceballos-Cardona had a 3rd period pin against her Middlesex opponent.

FEBRUARY 4, 2023

Wrestling AGV at Northerns

ANDOVER WINS NORTHERN NEW ENGLAND INVITATIONAL WITH 6 CHAMPIONS AND 7 PLACERS

Andover traveled to Bath, ME today to compete in the Northern New England Invitational tournament with 12 other schools. Andover walked away with the team title, earning 224 team points. (The second place team had 150 team points). Our champions are as follows:

106 pounder Julian Rios '26 placed 1st with 3 pins; his longest match lasted 32 seconds.

120 lbs George Ryckman '24 was also crowned champion with two first period pins.

At 138 lbs co-Captain Miles Palmer '23 pinned his way to the finals, where he pinned his opponent in 37 seconds.

At 144 lbs Bodhi Beroukhim had two pins to claim 1st place.

At 150 lbs Colin Nugent had 2 pins, and a dominant 11-1 decision over his Greens Farms opponent to win 1st place. Colin was voted Outstanding Wrestler of the tournament.

At 285 lbs Thomas O'Brien beat the number 1 seed with a first period pin to place 1st.

Andover also had 7 other placers. At 113 lbs, Sakina Cotton '24 had had a pin and a 7-2 decision, before falling to her opponent in the finals. Sakina placed 2nd. Also at 113 lbs Suhaila Cotton '24 won her quarterfinals match with a pin; she fell in the semifinals to the eventual champion; she then wrestled back and won 3 matches to place 3rd. At 126 lbs Magnus Julin '25 lost in the semifinals; he wrestled back and won 2 matches to place 3rd. At 132 lbs Wendi Zheng '24 went 2-2 and placed 4th; Reese York '26 2-3 to place 6th. At 165 lbs Ben Forman won in the quarterfinals, but then fell in the semifinals. He wrestled back and won two matches to place 3rd. At 175 lbs, Ben Perez wrestled some tough opponents and placed 6th. At 285 lbs, Byron Johnson went 2-2 and placed 5th. Also competing well for Andover were Tucker Nee '23 and Nick Lima '25.

FEBRUARY 8, 2023

Wrestling V vs St. Sebastian's School

L 35-42

SENIOR DAY DUAL MEET

In the last dual meet of the season, Andover hosted St. Sebastian's for the first dual meet ever between the two schools. It was also our Senior Day, where we celebrated the members of the class of 2023 on our team: managers Reese DiBiase, Charles Murphy, and Ella Williams; and wrestlers Nick Anastos, Tucker Nee, K. Pierre, Magnus Adams, Thomas O'Brien, Tayla Tildsley, Ben Forman, Ben Perez, Adrian Morrison, Miles Palmer, and Colin Nugent.

The meet was a back and forth battle between the two schools. St. Sebastian's put the first team points on the board, but Julian Rios '26 answered quickly with 6 points of his own. At 113 Sakina Cotton '24 lost a tough 2-7 decision, and Andover was trailing 6-9. Then at 120 George Ryckman '24 earned a pin to put Andover in the lead 12-9. St. Sebastian's won the next 3 matches (2 by pin, 1 by decision), and Andover was trailing 12-24. Then co-captain Miles Palmer '23 won a dominant 16-1 match to earn 5 team points, and co-captain Colin Nugent had a quick pin, to close the gap 23-24. At 157 Tayla Tildsley '23 lost a tough, but exciting match, but seniors Ben Forman '23 and Ben Perez '23 followed up with two first period pins to put Andover in the lead 35-30. Andover lost the last two bouts, with a final score of 35-42.

In exhibition matches Sakina Cotton '24 and Tucker Nee '23 both won by pin.

FEBRUARY 11, 2023

Wrestling AGV at INTERSCHOLS (CLASS A)

At the Class A tournament, hosted by St. Paul's School, Andover had 1 champion and 9 other placers in the Prep division of the tournament. At 106 Julian Rios '26 was crowned champion after a semifinals pin and an 8-0 decision over his NMH opponent in the finals. Co-captains Miles Palmer '23 and Colin Nugent '23 also made it to the finals, securing two pins on route, but fell in the finals to their NMH opponents. At 113 lbs Sakina Cotton '24 also took 2nd. Seniors Ben Forman '23 and Thomas O'Brien '23 both took 3rd place in their respective weight classes, and George Ryckman '24 took 4th. The top four placers in each weight class qualify for New England's the following weekend, and Andover has 7 wrestlers qualified for the Prep Division. Magnus Julin '25 and Reese York '26 placed 5th at the tournament, and Adrian Morrison '23 placed 6th. Also competing well for Andover were Tucker Nee, Josh Espinoza, and Nick Lima.

This was also the first year that there was a girls division at the Class A tournament, and Team Abbot had a strong showing. Andover had 4 champions in the girls division: Eleanor DeHoog '24, Eva Murphy '25, Suhaila Cotton '24, and Tasha Bohorad '26. Five wrestlers also took 2nd place: Angie Ceballos-Cardona '25, Margaret Tsien '26, Lilly Villanueva '25, Leticia Nhaule '25, and Bella Shmuylovich '26. Destiny Covington '26, Ophelia Lee '26, and Julia Carmona '25 each placed 3rd, and Luke Christodoulou placed 4th. All members of Team Abbot are eligible to compete at New England's next weekend.

FEBRUARY 18, 2023

Wrestling AGV vs New England Prep Wrestling Championships

ANDOVER HAS 6 CHAMPIONS AND 9 PLACERS BETWEEN PREP AND GIRLS DIVISIONS

The 75th Annual NEPSWA championships were hosted at Andover in the Snyder Center on Friday February 17th and Saturday February 18th. Andover had 7 wrestlers competing in the Prep Division, and 15 wrestlers competing in the Girls Division.

In the Prep Division, freshman Julian Rios led the way at 106 lbs, with a pin in the quarterfinals, a pin in the semifinals, and an exciting 3-2 win in the finals to become Andover's most recent New England Champion in the Prep division. Our last New England champion was Haroldo Nesbeth '17, who was at the tournament to cheer on and support all of our wrestlers. Senior co-captains Colin Nugent '23 and Miles Palmer '23 also had a good showing at the tournament. At 150 lbs Colin had two pins and a technical fall on route to the finals, where he lost a tough 7-3 battle with his NMH opponent, and placed 2nd. At 138 lbs, Miles Palmer went 4-2 with a pin and 3 decisions to place 5th. Julian, Colin, and Miles all qualify for Nationals in Maryland next weekend. Also competing well for Andover were George Ryckman '24, Josh Espinoza '25, Ben Forman '23, and Thomas O'Brien '23. Andover placed 9th as a team out of 41 teams.

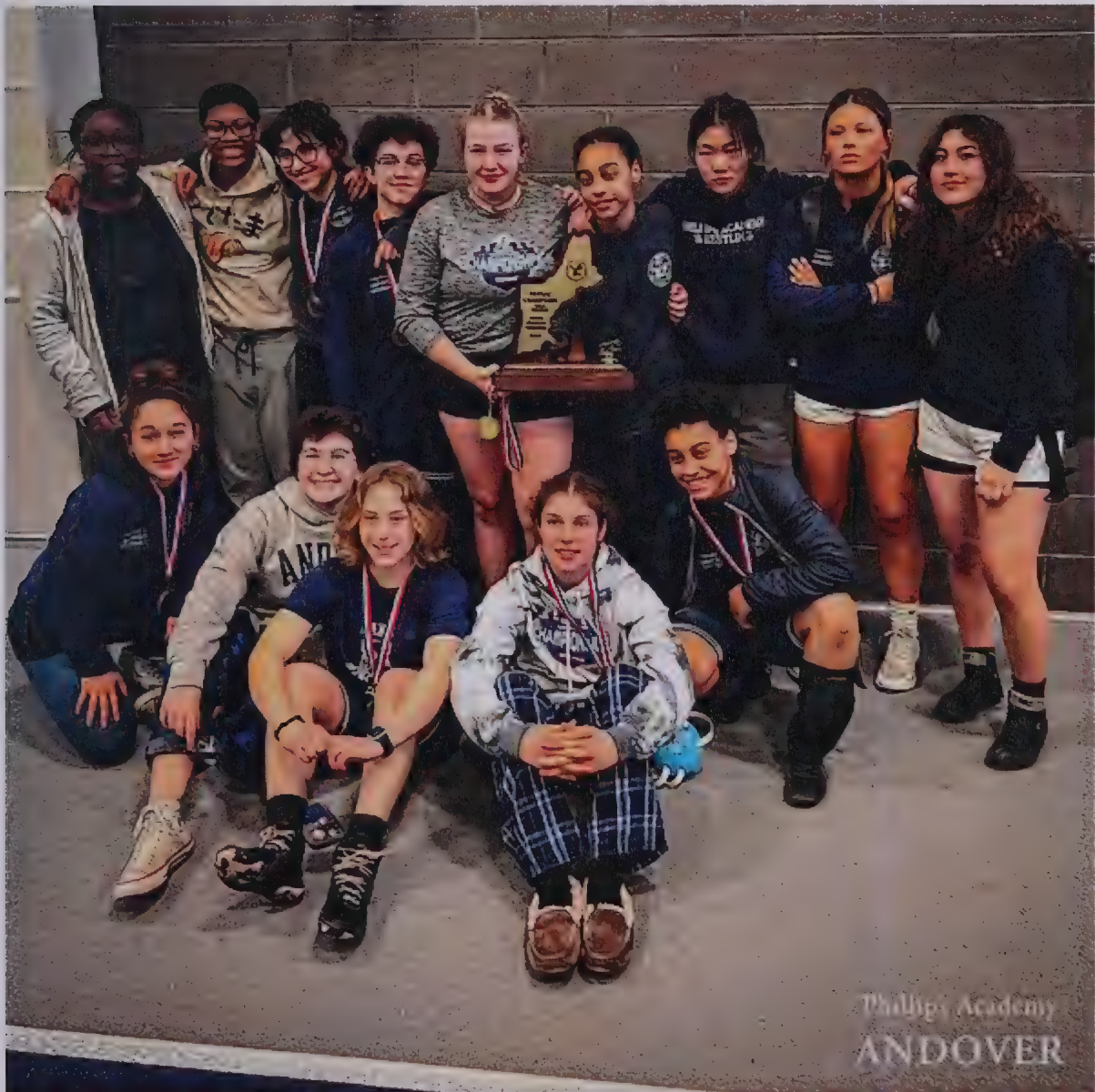
In the Girls Division, Team Abbot dominated with 224 team points to become repeat Team Champions. The second place team, Choate, had 78.5 team points. Andover had 5 individual champions. At 126 lbs, Eva Murphy went into the tournament as the second seed, as she had lost earlier in the season to the number 1 seed. Murphy had first period pins in the quarterfinals and semifinals, and in the finals she wrestled the best match of her season, dominating her St. Mark's opponent 13-6 to become New England champion. Immediately following Murphy's impressive performance, Wendi Zheng '24 became a repeat New England champion with 3 first period pins in the quarters, semis, and finals. Coming off of an injury, Dani Nugent '25 had an impressive tournament, with a 36 second pin in the semifinals, and a third period pin in the finals over her Governor's opponent to become a repeat New England champion. Post-graduate Tayla Tildsley '23 also had an impressive showing, with 3 first period pins on route to becoming New England champion at 152 lbs. And lastly Team Abbot co-captain Eleanor DeHoog '24 became a repeat New England champion after earning three pins.

Team Abbot co-captain Sakina Cotton '24 had a pin in the quarterfinals and semifinals, before losing a back and forth battle to her NMH opponent in the finals, and finished 2nd. At 120 lbs, first-year wrestler Tasha Bohorad had an incredible performance, defeating the number 2 seed in the

semifinals 11-8, before losing in the finals to the returning New England champion from Tabor, placing 2nd. First-year wrestler Destiny Covington '26 also placed 2nd after defeating her Marianapolis Prep opponent with a first period pin in the semifinals.

At 100 lbs, Margaret Tsien '26 had a first period pin in the quarterfinals. In the semifinals, she lost a tough match to her St. Paul's opponent, but she rallied with a pin and a 4-2 decision to place 3rd. At 114 lbs Suhaila Cotton '24 was upset in the round of 16 by her Greens Farms opponent, but she battled her way back with a 10-8 decision and 3 pins to place 3rd, going 4-1 at the tournament. At 120 lbs Julia Carmona '24 had an exciting win in the quarterfinals to an opponent they had previously lost to, but then fell in the semifinals to the eventual champion. Julia battled back with two more pins to place 3rd. At 126 lbs Angie Ceballos-Cardona '25 lost in the semifinals to the eventual champion, but then defeated her Middlesex opponent 10-6 in the consi-semis, and pinned her Choate opponent to place 3rd. At 145 lbs, Bella Shmuylovich '26 pinned her Wilbraham opponent and her Hotchkiss opponent; she went 2-2 and placed 4th. Also competing well for Team Abbot were Luke Christodoulou '24, Ophelia Lee '26 and Lilly Villanueva '25.

A huge thank you to our Athletic Office, to OPP, and to Catering for helping put on an amazing tournament. We could not have hosted without the incredible work that all of these teams put in to make this tournament run smoothly. Thank you!



Wrestling In the News

Dramatic Comeback Propels Andover Wrestling to First Win in Pan Athletic Center



Four pins and two 6-4 decisions allowed Andover Wrestling to overcome an early 3-24 deficit to St. Paul's on Wednesday. With a final score of 45-30, the team opened its season by securing a victory in Andover's new facility, the Pan Athletic Center.

After over two years of construction, the Pan opened its doors on Monday, allowing the team to gain access to the building's new Lawrence Family Wrestling Suite. Just two days after Pan's opening, the team hosted its first dual meet. Isa Matloff '24 explained that the facility change boosted the

morale of the team and spectators.

"It was really fun to be in the wrestling environment and the new wrestling room... The crowd was very hype, for lack of better words. Everyone being in that room for the first time and being the first matches of the year. The first blood drawn on the mats of the year. It was just a really exciting time," said Matloff.

In addition to the new environment, the team's new wrestlers contributed to the high level of energy and excitement on Wednesday. Dani Nugent '25 highlighted the excitement of newer wrestlers to showcase the moves they had learned just a few days prior.

"We had a lot of excited wrestlers here for their first match, so the wrestlers that weren't currently wrestling were cheering everyone on. It was a really good atmosphere," said Nugent.

After a teammate's loss in the meet's opening match, Ben Forman '23 leveled out the team score with a tight 6-4 decision. Forman shared a similar sentiment to Nugent, explaining that the support of the crowd and fellow teammates served as motivation on the mat.

"I was definitely a little out of shape and could work on my pinning combos, but I was very happy to come away with the win, especially since it's the first time I've gone the distance in a match. Also, [it's a] very fun team environment and great to have a crowd supporting us since we've had such few home meets over the past year," said Forman.

For the rest of the team, the successful season opener will provide a foundation to build upon in the coming weeks. Matloff explained how teammates received frequent feedback during their matches.

"We got a lot of notes about sprawling, which is one of our wrestling moves today. We got a lot of notes about conditioning and being able to stay wrestling for all six minutes if we need to. I think just generally keeping up the team spirit, which we have no problem with. Trying to keep everyone getting better. Not just trying to work your own moves, but work them with people in a way that will get you both better," said Matloff.

William Buehler '24 noted aspects the team could improve on for its next meet.

"We'll work on condition for endurance. Building up better move sets, being able to adapt to what we've seen on the mats. It's an adaptive sport. I think our strategy for us now revolves around what we've seen these weeks," said Buehler.

Looking ahead, the team will be hosting three more regular season meets in addition to the New England Championships at the end of the season. In the meantime, the team hopes to better adapt to the new facility in order to gain the home team advantage.

"It's much easier hooking up to the speakers, so practice music is always a little bit nicer. And also, I think just being in a new space gives a little bit of space to spread out. Also new space to create a new team identity, especially for a lot of the kids who are rookies this year... We have a little dedicated space for possibly some weight training stuff and a new office which will also give us a new spot to hang our banners and trophies," said Matloff.

Andover Wrestling will compete in the Holiday Dual Tournament at Avon Old Farms on Saturday.

All-Gender Wrestling Suffers First Loss of the Season But Racks Up Another Win



Despite losing to Choate 33-48 on Saturday, marking the season's first loss, Andover All-Gender Wrestling managed to return strong with a 48-29 win against Noble and Greenough and a 11-9 win at the Girls Open on Wednesday. Its record now stands at 4-1.

Reese York '26 congratulates his teammate, Eva Murphy '25, on her excellent performance at Choate. York highlighted Murphy's diligence and ability to focus on her opponent in her match.

"The person that stuck out to me the most was Eva Murphy '25, she was down in the first period, and then in the third period she was able to get a head lock on her opponent and pin them, and she was also wrestling up a weight class and so that was a really big for her overall. Murphy puts in the work everyday, and she deserved that win. Her win was inspiring to me and it showed me that how hard you work is how well you will perform, and that is an important lesson," said York.

Magnus Julin '25, a two-year wrestler, illustrated the difficulty of wrestling the same person back to back.

Though Julin lost his match, he believes that he has improved his skills since the start of the season.

"Well, the person I wrestled actually was the last person I wrestled at our table tournament, which was right before Winter Break. So I think the opponent was a really good wrestler and I think I definitely saw some improvement from last time I wrestled him. I still think he was just in general a better wrestler than me at this point in time. [I have improved] mentally because we've been reviewing a lot more different moves during practices and just trying to reflect on what we could learn from the tournament and just how that impacts the way we practice as a team," said Julin.

Furthermore, York noted Andover Wrestling's hard-working mentality and determination as the key for them to improve. Its positive outlook allows for them to improve for the future rather than dwell on the past.

York said, "Andover Wrestling is hardworking because the team puts in a lot of work through the practices,



and everyone is always doing or pushing each other to do that one extra set and just do a little bit more just to get it down. To improve their skills to that next level. Just to summarize, in the end, we did lose to Choate, but that shows that we just have a lot of ways we still need to improve and we just need to keep doing what we do best, pushing through and working even harder than the last time."

Like York, Angelique Ceballos Cardona '25 credited her improved skills to the grit of the team. Although Cardona lost her match, the lessons taught at every practice expanded her knowledge for future matches.

"I think definitely in practice, we really value hard work and pushing ourselves and that's exactly what wrestling is on live. It's about just getting in there, giving your best. It's a mental game as well. We talked about that in practice as well. How much mentality matters and you know, basically just like going in it to win it. You're gonna put the work in practice because you want to win, and then you're gonna put the work in as well when you're going live because you want to win," said Ceballos Cardona.

Tasha Bohorad '26 felt that the meet's performances showcased what each wrestler needs to work on individually. However, she highlighted how the team could improve their skills offensively, an aspect missed from their current gameplay.

"I think everyone is at different levels because they have different levels of experience. So speaking for people who just started this year or newer, definitely staying on a few more and being more offensive because we're pretty good at the defensive, but just going on the offensive more would be helpful. We are still good at offense, but we could definitely improve," said Bohorad.

Julian Rios '26 illustrated his quick and aggressive win during Wednesday's match against Nobles, where he pinned his opponent in thirty seconds. Yet, Rios credited his teammates' support and morale as what placed him in the right mindset for his match.

"I think definitely just the team overall, they support each other very well. Like everyone's always cheering for each other on the sidelines and I think that helps a lot because it really allows us to feel like we're part of something bigger and we're not only wrestling just for ourselves, wrestling for a team. So during those moments where we could just give up and lose and so we think about our team and push a little bit more," Rios said.

All-Gender Wrestling will have its next match away at Deerfield on Saturday.

Evan Curtin

Jan 13, 2023

All-Gender Wrestling Falls to Belmont Hill and Roxbury Latin Despite Changes in Practice Routines



All-Gender Wrestling lost to Roxbury Latin 30-46 and Belmont Hill 18-54 in Saturday's doubleheader. The team's record now stands at 8-4. Despite falling in both games, Andover put up a commendable effort, according to Bodhi Beroukhim '25. Beroukhim noted that there were many close matches in the meet.

"It was rough. We lost to both Belmont Hill and Roxbury Latin, but they're both good teams... Belmont Hill is a really good school, so I'm not really sad that we lost there. When we fought against... Roxbury Latin, there were a lot of close matches, counting mine, that we could

have for sure won, but because of either our practices or our grit during the match, we were not able to pull through," said Beroukhim.

According to Eva Murphy '25, the team has been transitioning to a practice routine that incorporates more chain wrestling and live wrestling. This has helped the team adjust to specific scenarios during matches. Murphy said, "In practice, we've been trying to drill more chain wrestling, and essentially what that is is going from move to move without pausing, which is one of the things that, especially new wrestlers, but really everyone, can strengthen... We've been doing live matches, which is pretty much like a replication of a normal match that you would have at a meet, and then we've been doing more intense drilling and things like that. We've been doing situational live wrestling, which is getting into a certain position, say you just got taken down and then start to go live from there. So, [we have been] working from difficult positions and then strengthening what we've been working on in preseason and the first part of the season."

Margaret Tsien '26 believes that its members find strength in the support they give one another.

"I think we're a really close team... I've made a lot of really good friendships through wrestling, everyone's very supportive of each other, which I think fosters a really nice environment just for wrestling. Even though it's like people are individually fighting, it's such a team sport in the sense that there's so much team support," said Tsien.

Likewise, Beroukhim noted the importance of commitment during practice. Although wrestling is an individual sport, Beroukhim feels that much of the culture of the sport at Andover is centered around supporting each other during matches.

"I think we're close as a team. Many people think of wrestling as an individual sport, but in fact, it's really a team sport as... you're only as good as your partner in practice because if your partner's not good or they're not trying, then you're not going to get better. And also I think, as a team, even after your match is done... I think we do a good job of supporting the wrestler who's currently in a match," said Beroukhim.

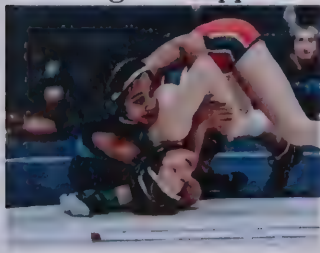
In its upcoming match against Exeter, the team is looking to close the gaps that resulted in its defeat last week. By continuing to practice chain wrestling and with an emphasis on sprawling, Andover hopes to increase its intensity in this Saturday's Seabrook Duals.

Murphy said, "Coaches have emphasized sprawling, which is essentially a defense to a takedown, so working on our takedown defense. And then also our ability to [do] chain wrestling, [which is when], if you hit a move and it doesn't work the first time, go again and again until you can escape or until you can score. So just pushing the intensity in matches, and really putting ourselves in good positions and knowing what those good positions are, so we're able to score and hopefully get our team points in the end."

All-Gender Wrestling will compete at the Seabrooke Duals on Saturday.

Eva Murphy
Jan 27, 2023

Wrestling Pins Opponents in Busy Competition Week



In a meet-filled week, Andover Wrestling competed four times in five days from Saturday to Wednesday. The team's dual meet record now stands at 12-5.

Andover Boys Wrestling went 2-1 in the Seabrook Duals on Saturday, winning against Avon Old Farms and Brooks, but falling to last year's New England Champions, Northfield Mount Hermon (NMH). The team continued the momentum on Wednesday, defeating Thayer 78-6 and Governor's 51-26.

According to Charles Vest '25, the team has displayed dramatic improvement throughout the season, in great part due to the suggestions provided by

experienced wrestlers to newer wrestlers.

"A lot of the time [the captains] will pull me or someone else aside after a match when you lose and say, 'Hey, I noticed that you were doing this or this, you're keeping your head down, you should have kept your head up.'... So I think that everyone's really supportive and then the most experienced wrestlers and the captains

are really good about actively watching your matches and paying attention and then giving you pointers and what you can do better,” said Vest.

Despite the one loss to NMH, the team was able to learn from the challenge, according to first-year wrestler Julian Rios '26. Rios dominated with a 10-0 major decision over his NMH opponent.

“I think the team overall wrestled pretty well, but I guess we wrestled a really good team and it definitely showed that we needed to work on a lot of things. I think overall it was a good experience for everyone on the team to be able to see good wrestlers,” Rios said.



On the girls side, the team hosted the Ninth Annual Female Wrestling Tournament on Sunday, with 103 wrestlers from 30 different schools in attendance. Tasha Bohorad '26 reflected on the positive atmosphere of the tournament.

“The coaches were running everything and supporting everyone. And some wrestlers didn’t have coaches there, so they were being really supportive of everyone and saying, ‘Good job,’ when we stepped off the mat. And after our matches, the coaches would go over moves, or just give really good feedback. I think a lot of us went against each other and it was like a really positive experience because, you know, we’re all friends, I just think that was really cool,” said Bohorad.

The team ultimately took the team title for the second year in a row, edging out Silver Lake Regional High School by 16 points. In addition to a workshop led by seven-time USA National Wrestling Team member Katherine Shai, Bohorad appreciated the opportunity to compete in several matches on Sunday.

“I love that you [could] wrestle two or three times [on Sunday] ... I want to get as much out of it as I can and wrestle different people. Especially the clinic beforehand with Katherine Shai. It was just so fun to meet other people. I get more [out of it] than other meets,” Bohorad said.

On Wednesday, Andover Girls Wrestling returned to compete against wrestlers from Middlesex and Noble and Greenough, but fell short 3-8.

Andover Wrestling will compete at the Northern New England Wrestling Invitational on Saturday, in addition to hosting St. Sebastian’s School on Wednesday.

Evan Curtin
Feb 3, 2023

All Gender Wrestling Dominates Northern Tournament Before Losing to St. Sebastian’s on Senior Night



Andover All-Gender Wrestling competed in the Northern New England Invitational Tournament on Saturday against 12 other teams. Andover ultimately placed first overall with six champions and seven placers, earning a total of 224 points. On Wednesday, the team went against St. Sebastian’s (St. Seb’s) at home, losing 29-42, on Senior Night. Andover’s record in dual meets now stands at 12-6.

Despite the long drive to Maine, Andover performed successfully at Northerns, with many members of the team becoming champions of their

weight class. Magnus Julin '25 who ended up placing third in his weight class, shared how many of his teammates shined when faced with the challenge of competing several times in one meet.

“Considering the early cold morning it took to get there, the team performed very well especially since many of us had multiple matches. We had several champions in their weight classes and many people were still placed on the podium. Some of the weight classes had more participants than others, which just then meant some of the classes had more competition, but everyone fought well in their matches and I’d say we did pretty well,” said Julin.

Wendi Zheng '24 was impressed with first-year wrestler Suhaila Cotton '24, who completely outperformed expectations. Cotton made it to the semifinals of her weight class, and defeated the second seed in her bracket.

Zheng said, “I really enjoyed watching Suhaila’s consolation semi[finals]. She was in the consolation bracket and Sakina [Cotton '24], who’s her twin, had just beaten the number two seed, who she was originally seeded under. She beat him on points, and it was really exciting to see Suhaila wrestle the same guy who had been knocked into the consolation bracket and then pin the guy. I was really impressed by her performance, [considering] this is her first year wrestling. I think she was one of the only first-year wrestlers that went to this tournament. She was seeded I think last in her weight [class] and she ended up getting third which was crazy. She wrestled through a lot of consolation matches, and she pinned the guy that was seeded second.” On Saturday, Co-Captain Colin Nugent '23 received an award for best wrestler. According to Julin, he leads the team with his experience, and is always willing to show his teammates certain skills during practice.

Julian said, "I would definitely say Colin [stood out] in both spirit and in skill. He won an award for best wrestler which he definitely deserved. He puts his best into all his matches and is respectful to all his opponents no matter their skill level. He is also always helping the team and teaching new members new moves. He's a great captain and he definitely deserved to win the award."

Despite Andover's loss to St. Seb's, there were many strong performances within the team. Two wrestlers in particular, Ben Perez '23 and Ethan Principal '24, both had impressive performances, according to Suhaila. "Shout out to Ben Perez with an amazing first period pin. I don't know the move but he completely flipped dude over and right into a headlock. Also, to Ethan Principal, he was hitting a lot of smooth takedowns in his exhibition match and nearly pinned his opponent multiple times. He ended up getting pinned in the final seconds of third period, but he put up a great show of most of the moves we've been working on this season," said Suhaila.

With only a few weeks left in the season, many winter athletes are getting ready to say goodbye to the sport for another year and to many Seniors. Wednesday was Andover All-Gender Wrestling's last conventional meet as they only have tournaments remaining in their season. Suhaila shared her feelings about the encroaching end of term.

"In wrestling, you're not really conscious of people's grades, but the Seniors have always been welcoming to the team and keeping up the energy. Our managers are also so kind. It's obviously sad to see them all go. I'm gonna miss them," said Suhaila.

Andover will compete at Interschols this Saturday.

Sophia Cratty
Feb 10, 2023

All Gender Wrestling Dominates Class A's Team Abbot and Select Few from Team Prep Qualify for New Englands



Andover All-Gender Wrestling traveled to St. Paul's on Saturday to compete in the Class A Interschols tournament. The tournament served as a showcase for Team Abbot, the name of the female and femme-aligning section of the team, as it has already qualified to wrestle at the New England Preparatory School Athletic Council (NEPSAC) tournament. However, for Team Prep, the name of the general all-gender team, it was crucial that members of the team performed well in order to qualify for New Englands. Only a select few succeeded.

Tasha Bohorad '26 said, "I think the team did so well. Individually I think people were happy with their performances. Some people were more happy than others, but overall the team placed really well in everything and speaking for Team Abbot, there weren't that many girls there so we were very dominant as a team. In the Prep division, I think everyone wrestled really well. There was some pretty good competition from [Northfield Mount Hermon] and other schools, but I think everyone was pretty happy with the results."

According to Ophelia Lee '26, the atmosphere of the tournament was loud and chaotic, given the amount of athletes that were competing.

"[It's] the first year that they had a girls division for Class A's and it was a lot louder than I thought it would be. It was quite busy, a bunch of teams were there. They had the team room, they had three mats open, and a lot of TV's on display and everyone was traveling between all the rooms, trying to figure out when they were going to compete, who on their team was competing, and what to watch. So it was pretty busy, everyone was walking around and making noise," said Lee.

Margaret Tsien '26 received a shout-out from Bohorad, who highlighted Tsien's determination as she went up against the same opponent from St. Paul's three times. Bohorad noted how impressive it was that Tsien was able to persevere despite losing her first match.

Bohorad said, "There were only two people in her bracket, so she just wrestled the same girl three times. The other girl is from St. Paul's, her name is Maddie, she was super nice, but she was definitely a super tough wrestler, super strong. Margaret lost the first one, won the second one by points [it was] really close, and lost the third one. So I think it's just really tough to go against the same opponent three times, [and] I just think Margaret did an amazing job."

Lee pointed out Ben Forman's '23 impressive performance in an incredibly intense match. It ultimately came down to a one point difference, meaning that every moment in the match was crucial towards the win.

Lee said, "I liked Ben Forman's match. It was towards the last seconds of the third period... he was holding his opponent to the ground, and if his opponent stood up, he would've gotten one point for the stand up, they would've been tied, and he would have had to go into overtime. But he held his opponent down for the

very last seconds, until the timer ran out, then he took the win. So that was really intense, and everyone was cheering.”

As the season nears its end, the NEPSAC tournament stands as one of the final opportunities for Andover to display its talent. Lee called attention to the fact that Team Abbot has qualified for the tournament, and after the match at St. Paul’s, so has some of Team Prep.

“[I’m] excited for New England’s [NEPSAC]. Yeah Class A’s is basically, at least for the Prep team, the qualifiers, you had to qualify to be able to participate in New England’s which is why it’s such a big thing. But for Team Abbot, the girls team, you don’t have to qualify because there’s just not enough people to qualify,” said Lee.

Andover will compete in New England’s on Friday and Saturday at home.

Sophia Cratty
Feb 17, 2023

Girls Wrestling Places First at NEPSWA Championships, Boys Finish Top Ten

Andover Wrestling hosted the New England Independent School Wrestling Association (NEPSWA)



Championship for the first time in the Snyder Center on Friday and Saturday.

The team won its repeat NEPSWA title in the Girls division with 224 points, while the boys placed ninth out of 41 teams in attendance.

Julian Rios ’26 represented the team in the 106 pound weight class, becoming the first Andover wrestler to win the Prep Division since 2017. Finishing his run with two pins and a 3-2 win in the finals, Rios has remained undefeated this season.

“I found it actually very exciting to be able to win my Junior year and I was proud of myself. And I think my team really boosted me and my match... And my goal at the beginning of the season was to win New England’s. And I’m really ecstatic, I was able to reach that goal. And right now my other goal is to place [in the] top three [in] Nationals, which will be tough, but I think that’d be amazing if I was able to do that,” said Rios.

Girls Co-Captain Sakina Cotton ’24 highlighted another Junior who earned high marks at the championship. Despite this being her first season wrestling, Tasha Bohorad ’26 managed to upset a tough opponent, placing second overall in her weight class.

“She is very athletic already and one of her best matches I think was against the second seed in her bracket. She was done by some at some points, the other person was done. She just kept going, did reversals, hit some good pinning combinations, and won by major decision, which was amazing and surpassed everyone’s expectations,” said Cotton.

Ben Forman ’23 also highlighted Co-Captain Colin Nugent ’23 for his performance. Entering the final match with two pins and a technical fall, Nugent fell 7-3 to a tough Northfield Mount Hermon (NMH) opponent.

“Colin Nugent also placed second [in his weight class], very impressive. He also had a very close match versus someone who he has lost to twice. He still lost in the final, but he had a really good fight,” said Forman.

Rios credited the Girls team, Team Abbott, for winning the championship. In his nine years of wrestling, Rios had found it rare for girls to wrestle, but Andover provided Rios and his teammates with a chance to experience a momentous achievement for the girls wrestling community.

“It’s great to see a lot of girls on a wrestling team because honestly before I came to Andover, it was more uncommon... But coming to Andover and seeing all the girls on the team is really nice. And for them to win it. Since we have so many girls and so much good competition around for girls. It’s awesome,” said Rios.

As twelve wrestlers from Andover – three from the Prep Division and nine from the Girls Division – set sights on the National Prep Wrestling Championships, Rios commented on how the team plans to prepare. Other than drilling, the team has been traveling to other schools to practice against a variety of opponents.



“I’m feeling really confident and feel good about the training I’ve been doing. My coaches have been great... And I think I can do good at Nationals. And I think I had great performances [in] New England’s and [NEPSWA].... [For training,] we’ve been like wrestling other people or going out to wrestle other people in different practice rooms, which has also really helped,” said Rios.

Cotton hopes the team can maintain focus and stamina as it heads to Nationals. She emphasized the importance of each athlete persevering and

putting in all their effort on the mat.

“I just want to see us stay in that mental mindset because a lot of [wrestling] is your mental capacity. Are you willing to leave it on the mat, if it’s your fourth match? So I just really want to be there, helping to support each other and also cheering them on when I’m not preparing for my match,” said Cotton.

Andover Wrestling will compete at the National Prep Wrestling Championships this weekend in Upper Marlboro, Maryland.

Nabilah Nazar
Feb 24, 2023

A Love Letter to Andover Wrestling



The [first female wrestler to place in the Interscholastic Wrestling Class](#) Δ tournament and qualify for New England's was Phillips Academy's own: Kassie Archambault '06. In 2019, she was named as the head coach of wrestling at Andover, which also made her the first female head coach of a New England prep school. But in 2014, she was already bringing change as a coach by creating a female wrestling tournament for schools in the area. In its first year, the tournament hosted only nine wrestlers, four of which were Andover students. [This year, the tournament hosted 103 girls from 30 schools](#), 18 of which were Andover students. In the fall of

2020, when I had just entered Andover as a Junior, Coach A., as she's known, was a house counselor in my dorm. I had not wrestled before Andover, but I needed a winter sport and Coach A. was encouraging everyone in the dorm to try wrestling. Since then, Andover Wrestling has ended up as one of the most influential groups in my time at Andover so far because of the community it has provided.

In my first competitive wrestling season, there were eight Andover girls. Three became National Prep Champions. Five of us were completely new to the sport. In joining a sport with no experience, it was comforting to know that I would not be the only person new to wrestling. Wrestling has given me the opportunity to connect with people I would have never become close with outside of the sport, and being one of few female wrestlers amplified that. Especially in my Winter Term of Upper Year, the team's ability to uplift and motivate me has been unbelievably helpful. The support I received from my entire team made every day of the term better. Although practices were challenging and at times frustrating, the progress I made and the support I received from my teammates helped me feel accomplished. Coming off the mat after a loss or a hard practice and having teammates to hug you in a sport that literally throws you down every chance it gets is vital. The wrestling room made me forget about all of the stress that came from school, and for that hour and a half, I got to focus all of my anger on the mat. I did not have to think or talk about anything else for two hours, and that was incredibly liberating. No matter how horrible the day had been, wrestling never failed to improve it.

In a worldview perspective, being able to witness and even participate in the exponential growth of women's sports is spectacular, yet not an experience I expected to have at Andover. Every sport I've played in the past had a fair amount of female participation, and I never considered what being a girl meant in sports such as wrestling. Now that I have been a wrestler for three seasons, I have learned about the community that's born from the isolated feelings that come with being one of few female wrestlers in our New England circuit. It felt awkward to come into a space that I was so unfamiliar with, but girls at Andover as well as other schools made up a community that welcomed and sustained me. They helped me to recognize that I, along with every other girl, deserve a place in this sport.

I remember feeling ecstatic when our team came across a female wrestler from another school for the first time. She was the only girl on her entire team, and she seemed just as happy to see us as we were to see her. I can recall Coach A.'s speech at the girls tournament, where she reminded everyone of the importance of seeing ourselves, as women, in a sport like wrestling. From this, wrestling has taught me that you should be welcomed and appreciated in every space you enter.

In addition to the whole team and the presence of female wrestlers within it, the specific girls I began my Andover wrestling experience with have taught me to value my own presence in every space, which helps whenever I am trying to prove that I belong somewhere. As with every aspect of my Andover career, the best part has been the people I've found along the way. Wrestling has made such an impact on my life precisely because of the group I came across. In the locker room, we continuously talk about how hard practice was, reflect on our days, and admire all the progress we have made. Being a part of this group feels like a breath of fresh air that I did not realize I needed before finding it. Often, I hear people talk about how relieving it would be to connect with people outside your usual circle, and I have found that in wrestling. I may not see them often outside of the sport, but like many parts of Andover, being part of this team has felt like a facet of "home."

I may not be one of the National Prep Champions, but a crucial lesson I've learned at Andover is to always try new things. I tried wrestling, and I absolutely fell in love.

Julia Carmona
Mar 24, 2023

All-Gender Wrestling Leans on Each Other for Support During High-Pressure Nationals

Andover All-Gender Wrestling traveled to Maryland to compete at the National Prep Championships (Nationals). Many of the team members placed at the tournament, ending the season with a final record of 8-4.

Suhaila Cotton '24 reflected on the season and the team culture. Cotton described the team as a welcoming environment that included a variety of people, unlike many other wrestling teams, which may only contain people from a certain sport.

"I do think it was a good season. The team is huge, but also so inclusive and welcoming. My friends from other schools are always like their wrestling team is 'full of just big football guys,' but Andover's team is everyone. We have theater kids, band kids, singers, track kids, and ultimate frisbee players, like myself, and it's fun because we all make it a supportive community and prove to ourselves wrestling is for everyone," said Suhaila Cotton.

Julian Rios '26 highlighted some of the pressure that comes from competing at Nationals. Rios mentioned the importance of learning to overcome the mental pressure that comes with the competition, and just focus on what's right in front of you.

Rios said, "It's a lot of pressure, there's all the stands and it's a big place and you're in the middle and everyone's watching you. When you advance through the tournament and every time the kids are getting tougher, it's not getting any easier and the kids are really good. It just puts a lot of pressure on you, and it almost makes you nervous. But you have to learn how to overcome those obstacles mentally and just focus on your match on who you're wrestling. There's a lot of pressure within the event and everything like that, it makes it more difficult."

Leading up to Nationals, the team experienced a variety of excitement and nerves. Sakina Cotton '24 stated that she experienced both. It was a big tournament and it came with a lot of pressure, but on the other hand, Sakina Cotton remembered it as a fun experience to go through with her teammates.

"Leading up to Nationals, of course I was nervous. We were all going to leave everything at the tournament, that was the end of most of the team's tournament season and I just remember feeling that I got to try my best and listen to the coaches and my teammates and get them ready too. But I also had anticipated Nationals being fun, I mean, you get to watch all this great wrestling, see your teammates at their best, and have fun with them. I remember last year this was fun, even though it was hard it was fun. I think that's what's great about our team because we know that the balance of pushing each other, giving each other space, and also just being teammates for each other," said Sakina Cotton.

Suhaila Cotton pointed out one particular performance at Nationals, highlighting Tayla Tindsley '23. Tindsley had a really exciting quarter finals match in which she ended up defeating her opponent, according to Suhaila Cotton.

Cotton said, "I mean of course everyone performed well and left it all on the mats, but I think Tayla had a really exciting quarterfinals match against a Wyoming Sem[inary wrestler] and she won. She turned the tables near the end of the match to get a pin against a wrestler from a very top notch program, so that was amazing to watch."

Rios reflected on one of the most exciting moments for him at the tournament. Rios had only one match that determined whether he would advance to the second day of the tournament and in turn place at Nationals. This match was a big deal for him, and when he ended up winning, he was elated and delighted to share his excitement with his supportive teammates.

"I think the most exciting moment, for me, was the quarterfinals of the first day. Since for the boys it was a two-day tournament, if you make it to the second day it means you automatically place. I think just placing at Nationals is a really big deal, and when I ended up just barely winning my quarterfinal match, it was a really awesome moment and really exciting. With all my teammates watching, it was really cool," said Rios.

Sophia Cratty
Mar 24, 2023

Spring 2023 Varsity Sports

- Baseball 13-7-0
- Crew
- Cycling
- Golf 11-3-0
- Boys Lacrosse 8-11-0
- Girls Lacrosse 17-4-0
- Softball 17-4-0
 - Big East Champions
- Boys Tennis 8-4-0
- Girls Tennis 15-0
 - NEPSAC Class A Champions
- Track & Field
- Boys Volleyball 11-1-0
 - NEPSAC Class A Champions
- Girls Waterpolo 1-10-0

Boys Varsity Baseball

2023

Coach: Christopher Powers

Assistant Coaches: Chris Capano, Kit Leckerling, Chip Dunn

Captains: Andrew O. DeBenedictis, Cole B. Mascott, & Thomas M. White

Managers: Abigail Heppelmann, Irene Leod, Leo Sim, & Jaedyn Ford

Overall Season Record

Win	Loss	Tie
13	7	0

Letter Winners: Lawrence P. Hotaling, Joseph A. Carrara, Brian D. Flynn, Trevor R. Grady, Matthew L. deBenedictis, Luke G. Gallo, Marek P. Krystofolski, Cole B. Mascott, Carson Cormier, Andrew O. DeBenedictis, Ariel M. Miranda, Venkat S. Sundaram, Matthew F. Spadaccini, Jace M. Roossien, Isaac H. Lamson, Maximillian R. Gomez, Robert J. Brown, Owen F. Callahan, & Thomas M. White

Award Winner: Harrison Award – Trevor R. Grady



Boys Varsity Baseball

2023 Schedule and Results

Sat	03/25/2023	Baseball V	Austin Prep	A	1:00 PM					
Wed	03/29/2023	Baseball V	Andover HS	H	5:30 PM					Austin Prep b
Fri	03/31/2023	Baseball V	Bishop Fenwick	A	4:45 PM					
Sat	04/01/2023	Baseball V	Dexter Southfield School	A	1:00 PM	6-7		L		
Wed	04/05/2023	Baseball V	St. Sebastian's	H	3:30 PM	7-5	W			Phelps Park
Fri	04/07/2023	Baseball V	Bridgton Academy	H	4:00 PM	10-11		L		Phelps Park
Sat	04/08/2023	Baseball V	Worcester	A	11:00 AM	2-1	W			Polar Park
Wed	04/12/2023	Baseball V	Dexter Southfield School	H	3:45 PM	5-3	W			Phelps Park
Fri	04/14/2023	Baseball V	Belmont Hill	A	4:30 PM	6-1	W			
Sat	04/15/2023	Baseball V	Pingree	H	3:00 PM	12-0	W			Phelps Park
Wed	04/19/2023	Baseball V	Cushing	A	3:30 PM	10-3	W			
Sat	04/22/2023	Baseball V	Worcester	A	12:00 PM	2-3		L		
Mon	04/24/2023	Baseball V	Governor's Academy	A	5:00 PM					
Fri	04/28/2023	Baseball V	Winchendon	H	4:30 PM	1-8		L		Phelps Park
Sat	04/29/2023	Baseball V	Winchendon	A	2:00 PM	3-1	W			
Mon	05/01/2023	Baseball V	Brooks	A	4:30 PM	13-2	W			
Fri	05/05/2023	Baseball V	Groton	A	4:45 PM	13-2	W			
Sat	05/06/2023	Baseball V	Exeter	H	3:00 PM	12-0/2-3	W	L		Phelps Park
Wed	05/10/2023	Baseball V	Cushing	H	3:30 PM	11-7	W			Phelps Park
Sat	05/13/2023	Baseball V	Deerfield	A	1:00 PM	6-2/4-0	W,W			
Mon	05/15/2023	Baseball V	St. Sebastian's cancel	A	4:45 PM					
Sun	05/21/2023	Baseball V	TOURNAMENT	A	10:00 AM			L		Worc Acd
Tue	05/23/2023	Baseball V	St. Seb resch now cancelled	A	4:45 PM					
Sat	05/27/2023	Baseball V	Exeter	A	2:00 PM			L		

Boys Varsity Baseball

2023 Roster

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Pos</u>	<u>Hometown</u>
1	Lawrence P. Hotaling	2024	2B/SS	Brooklyn, NY
2	Joseph A. Carrara	2024	OF	Pocasset, MA
3	Brian D. Flynn	2025	OF	Danvers, MA
4	Trevor R. Grady	2023	1B	Sterling, MA
5	Matthew L. deBenedictis	2025	P/OF	Milton, MA
6	Luke G. Gallo	2025	SS	Shrewsbury, MA
7	Marek P. Krystofolski	2025	P/OF	Harwich, MA
8	Cole B. Mascott *	2023	P	Newburyport, MA
9	Carson Cormier	2023	P/1B	Westford, MA
10	Andrew O. DeBenedictis*	2023	OF	Andover, MA
12	Ariel M. Miranda	2024	2B/SS	Jamaica, NY
13	Venkat S. Sundaram	2023	OF	Bellevue, WA
14	Matthew F. Spadaccini	2023	P	Lexington, MA
15	Jace M. Roossien	2024	C	Nahant, MA
17	Isaac H. Lamson	2024	3B	Stow, MA
19	Maximillian R. Gomez	2023	OF	Cohasset, MA
23	Robert J. Brown	2025	P	North Andover, MA
27	Owen F. Callahan	2026	C	Mattapoisett, MA
99/25	Thomas M. White*	2023	P/1B	Rowley, MA

* Captain

Coach: Christopher Powers

Assistant Coaches: Chris Capano, Kit Leckerling, Chip Dunn

Managers: Abigail Heppelmann '23, Irene Leod '24, Leo Sim '25, Jaedyn Ford '24

Boys Varsity Baseball In The News

Strong Pitching Leads Baseball to First Win of the Season



Carson Cormier '23, Teo Spadaccini '23, and Marek Krystofolski '25 pitched nine innings without giving up a single run on Wednesday, leading Andover Boys Baseball to a 5-0 win in a scrimmage against Andover High School. "The pitching was definitely there. The pitching was really solid. Teo had a great start. Carson relieved him, and then Marek, and they all were lights out," said Max Gomez '23.

Catcher Jace Roossien '24 shared Gomez's sentiment, specifically highlighting Cormier's performance on the pitching mound. According to Roossien,

Cormier accomplished an "immaculate inning" with the first nine pitches that he threw in the game, setting the tone for the rest of the game.

"[Cormier] was the second pitcher to come into the game and he came in that first inning and had what we call an immaculate inning... "nine straight pitches, nine straight strikes and three outs. "So, he pitched really, really well today and that was what stood out to me," said Roossien.

Although the team's pitching was in good shape Gomez emphasized that the team needed to improve its batting.

"We kind of just need to focus more on swinging at the right pitches. I think when you see slower speeds, you get a little lazy and you swing at pitches that aren't necessarily in the zone, and you aren't as locked in during your path. As long as we just have an approach for each pitch, I think we should be good to go," said Gomez.



In response to the team's weak offensive start, Isaac Lamson '24 believes the team should just maintain an optimistic attitude. He believes that it is only a matter of time before the batting becomes stronger.

"I think the team just needs to build more confidence to play more games. It was cold today too and we haven't really seen them pitching in the past two weeks. So I think by Friday and Saturday, we'll be good to go," said Lamson.

Lamson is excited for the season, and feels that Andover has the potential to

become a very strong team.

"The environment is a great group of guys, everyone loves each other. We [have] got a lot of talent this year, we're going to be better than last year. It's going to be a good season," said Lamson

Andover Baseball opens its official season away at Bishop Fenwick High School on Friday.

Evan Curtin
Mar 31, 2023

Coach Powers Hopes to Build Off Past Success with Baseball



Head Coach Chris Powers enters his first year in charge of Andover Baseball after spending several years coaching at Pingree, then in Maryland at the Landing School. Powers' vast experience has greatly benefited the team, which currently holds a 5-2 record. He hopes to prepare his players for moments of pressure, so his team can perform at its best during the most critical moments of the season.

"Trying to help maximize the confidence that [players] have in themselves, I think, is what I'd use to keep them motivated. Self-confidence can play a

huge role in your performance, not just athletically, in all areas of life. Having that belief in yourself and [knowing] that you're prepared and know that there's no situation that you aren't ready for," said Powers.

According to Co-Captain Andrew DeBenedictis '23, adjusting to a new coach was somewhat stressful, but Powers has exceeded expectations on the team. DeBenedictis highlighted Powers' confidence and ability to encourage his players, as well as his ability to build upon past success.

DeBenedictis said, "I was nervous because I mean, [with] my Senior year going and we had a brand new coach. I didn't know who he was, but I would [like to] say once again, he's really confident in what he does.

He just wanted to enhance what we had already built as a program rather than take away anything from it. So, I would say he's done that pretty well thus far and I think it will continue."

Robert Brown '25 met Powers early in his Andover career and immediately looked forward to his leadership. Brown felt supported during the first meeting and the endless kindness has not stopped since.

"My first impression of Coach Powers was nothing but positive. I was able to get an opportunity to meet with him and talk to him when he first got to Andover in the fall. From then on, he's been nothing but helpful and supportive for me, as well as the rest of the team. He's great with everyone, he's a great leader, he has plenty of baseball knowledge and baseball experience, and he's been in the game of baseball forever so he's good at making in-game decisions. He runs practice very well and he's very competitive," said Brown. Powers brings "quiet confidence" to the group, according to DeBenedictis. Despite not being as loud as previous coaches, his advice is extremely constructive and helps the team thrive during practice and games. More importantly, Powers knows what to say during difficult moments in the season.

"I'd say [he] definitely brings enthusiasm to the group. I mean, we do already have a lot of enthusiasm on the team, but he definitely brings that here. He's not the most vocal guy, I would say at least compared to [Coach Kevin Graber] in the past, but he definitely knows what he's doing and he's instructive when he really needs to be, which is super helpful," said DeBenedictis.

Powers emphasized the amazing player development that former Coach Graber began in previous years. He looks forward to focusing on building off of the skills that Coach Graber has built in his players to further his team's baseball careers.

Powers said, "The short-term goal would be to continue player development. I think [Coach Graber] before me had done an incredible job of not just bringing in quality players, but developing them and getting them ready to move on to the next level. That's something that I certainly want to continue to grow, and make sure Andover's baseball program is known. The long-term goal is to continue building on the success and produce the type of players that have moved on to the next level and found success. You know, it's incredible the success that the program has had and just trying to build on those successes."

Meg Stineman
Apr 21, 2023

Baseball Co-Captain Cole Mascott '23: the 'Vocal Leader'



For Co-Captain Cole Mascott '23, baseball has always been a significant part of his life. Starting when he was little and going to Red Sox Opening Day games with his grandfather, Mascott has been playing baseball for as long as he can remember. Since coming to Andover, he has honed in on pitching specifically. Mascott shared how he traverses the many aspects of leadership as a captain. He found that a combination of specific feedback and leading by example has worked best for him.

"A lot of what happened this offseason was some of the younger pitchers coming in, me, and a couple of other pitchers on the pitching staff would always stay back late during practice and give people pointers, and some other younger pitchers were asking for help on their mechanics... There's another side of being a leader is getting on people, kind of leading by example... There are multiple aspects and I like to do the best I can at both," said Mascott.

Teammate Venkat Sundaram '23 noted the impressive shift Mascott has made from a player to a captain. According to Sundaram, he is a "vocal leader," keeping the team focused while also energetic and motivated. "Cole was a phenomenal player even back [in] Lower year, but I really see the strides he's taken and really morphed into that role as a captain this year. Whether it means setting the bar for us as a team each and every game, whether he's on the mound or off the mound, and making sure that we're all in the game, heads in the game and also, staying up beat [and] energized in the dugout and on the field. Cole does a phenomenal job of setting that example himself and also always sticking to that. I think he's a vocal leader as well," said Sundaram.

Co-Captain Andrew DeBenedictis '23 noted the many ways Mascott contributes to a strong team dynamic, whether that be at practice, on weekends, or during warm ups.

"Cole is big into the gym, so he's always opening it up for other players when we have the opportunity, especially after [hitter-specific practices] on Sunday mornings when the gym isn't open otherwise. He's always conducting the music out there for practices and games. We all run warm ups, but he's a big part of that too. He's just a pretty big presence on the field, I would say," said DeBenedictis.

Sundaram highlighted the small things Mascott does that add to his strong leadership. He also noted how available Mascott makes himself, so it's never a question of whether a player can reach out or not.

"Whether it's as small as saying 'hi' when we're walking on the path, or whether it's having lunch with him, or even texting him questions. The smallest things, like, 'When is Coach [Zach] Kershaw available in his athletic

training room?’ or even whether it’s things like, ‘Hey, how should we approach this big game we got coming up?’ I can always reach out to Cole. He’s a really helpful leader, a really helpful friend. I think that he does a lot of the small things and by doing those small things, the big things work themselves out and come through,” said Sundaram.

Mascott emphasized the importance of being both a friend and mentor on the team. He explained how he balances giving constructive criticism while also maintaining a close relationship with his teammates.

“One of the tough things about being a captain are these kids on the team, they’re all my friends. I don’t look down on any of them. There’s those times where you need to get on a younger guy and they need to take things more seriously and they don’t want to hear that, especially because I don’t put myself above anyone else because I’m friendly with everyone on the team... and so there’s those times where you have to know when you have to give them some constructive criticism, even if they’re not necessarily going to like it.

Especially on game days, you gotta get on someone for going through the motions and stuff, and they give you a scoff, but you got to do those things,” said Mascott.

Mascott will continue his baseball career at Northwestern University.

Angie Lucia

Apr 21, 2023

Co-Captain Andrew DeBenedictis ’23 is Always First to Speak Up



Andrew DeBenedictis ’23 began playing baseball at just two years old. Now, he leads Andover Baseball as a Co-Captain with a focus on cultivating strong interpersonal relationships with his teammates.

“The other Captains probably have a different leadership style, but for me, it’s more like a personal one-on-one motivation. I’m not the most vocal leader on the team... I’ll kind of talk to you one-on-one, hype you up that way,” said DeBenedictis.

Marek Krystofolski ’25 commended DeBenedictis for his ability to balance focus and having. Despite not being the loudest on the field, DeBenedictis still brings lively energy to the team.

“He is always a joy to be around. He’s not an energy vampire. He’s just an all around good guy. He speaks up and he is such a good Captain and has always been. He brings good energy to all the games and he makes us smile, but he locks in when he needs to, and that is an important trait for a captain,” said Krystofolski.

DeBenedictis thrives when he is batting. According to Robert Brown ’25, DeBenedictis’ consistency at-bat grounds the team in stressful moments.

“He has put up a solid at-bat. Every time he gets up to the plate, I am confident, as well as the rest of the team is confident, that he’s going to put up a good bat and he’s going to give us a good piece. There haven’t been many times where he hasn’t barreled the ball,” said Brown.

DeBenedictis prioritizes maintaining a positive mindset. In moments of hardship, DeBenedictis strives to be a dependable figure that teammates can look to.

“[I value] energy and enthusiasm. I really strive to bring that every day, whether it’s in practice or in a game, giving speeches before games, or just keeping positive vibes. When you face adversity, I think it’s important to be that strong voice on the team and in the dugout,” said DeBenedictis.

Brown appreciates DeBenedictis’ optimism and words of wisdom during games. Whether it’s long speeches or short phrases, DeBenedictis never fails to help his teammates get into the right mindset, according to Brown.

“Every time we’re behind or we’re struggling as a team or we have a rough inning, he’s always the first one to just say something. It’s not necessarily a big speech with everybody... A lot of times it’s just quick motivation. ‘Come on boys. Let’s stay loud. Let’s stay in this,’ or something along those lines where it kind of picks everyone up and it gets us into a mindset,” said Brown.

Meg Stineman

Apr 21, 2023

Boys Baseball Falls Short in CNEPSBL Semifinals Against Dexter Southfield

Andover Boys Baseball competed in the Central New England Prep School Baseball League (CNEPSBL) Semifinals on May 21. The team fell short to Dexter Southfield (Dexter) 1-11.

Pitcher Marek Krystofolski ’25 described the team’s preparation going into the game. While the pitchers were catering their training to the Dexter and Worcester Academy (Worcester) lineups, the rest of the team was working on perfecting its game, connecting as a team, and going in with a positive mindset.

“I know the pitchers were especially focused on the Dexter and Worcester lineups. We were anticipating those were the games we were going to play, so we knew they were going to be tough hitters and we were

going to have to pitch in big spots, so working on a lot of our off speed in the bullpen, working on stand-ins. From the whole team aspect, we were working on just being quick to the ball, playing as a team, making as little mistakes as we could, and preparing our mindset for the game,” said Krystofolski.

Co-Captain Andrew DeBenedictis '23 mentioned some areas where the team could improve offensively. In terms of defense, he shared that Dexter's offense was strong and ended up overpowering Andover's defense. DeBenedictis said, “Offensively, I feel like we had a handful of base runners, there were a lot of missed opportunities. I think a lot of runners weren't in scoring position. We just couldn't really execute and cash in, and then defensively, I mean, Dexter's offense was just really high power that day, and they were hitting everything our pitcher was throwing. It wasn't like we were making errors. It was more just them getting the hits.”

Robert Brown '25 noted that although the team was losing in the second half of the game, the energy of the team didn't falter. With a history of some significant comebacks, it was able to stay positive until the end of the game.

“Despite being down for the second half of the game the team never got flat. We stayed up and yelling through all seven innings. We have had some big comebacks throughout the season and that definitely helped us keep energy up through the game,” said Brown in an email to *The Phillipian*.

The team was able to score a run early on in the game. DeBenedictis noted that the impressive performance from the hitters gave the team a boost of energy.

“The one run we did score was a really, really great run. It was back to back, I believe, doubles by our three and four hitters. So that was really energetic,” said DeBenedictis.

While the team was able to use each other for support early on in the game, the team struggled to hold onto that. According to Krystofolski, Dexter recognized the lack of unity and ability to work together and used it to its advantage.

“I think in the early innings we really were playing off each other, which is good. It just happened in the later innings where we could have used a little more of that and that's where they caught us on our heels,” said Krystofolski.

Looking forward to the Andover/Exeter game, the team hopes to shift its mindset and focus solely on Phillips Exeter Academy. DeBenedictis shared that the team is now honing in on small details and things that it can control to prepare for the rivalry.

“I would just say flushing this out of our memory. Now, we gotta shift our focus to our rivalry. I guess just focus on the little things. Take care of the controllables for Saturday,” said DeBenedictis.

Andover Boys Baseball will play Exeter on Saturday at 2:00 p.m.

Angie Lucia
May 26, 2023

Boys Varsity Crew

2023

Coaches: Taylor Washburn, Andy Finch, Ellen Minzner, Dale Hurley, Amanda Foushee, Aidan Spencer, Thomas Severo, Jose Zorrilla Matilla

Captain: Wynant Hubbard & Trevor Moss

Letter Winners:

Aleman, Andres	Hubbard, Wynant
Bechard, Nate	Julin, Magnus
Boesch-Powers, Max	Lai, Maya
Burton, Dean	Massicotte, Andrew
Chinn, Andrew	Mo, John
Curtin, Evan	Moran, John
Dabbous, Max	Moss, Trevor
Domina, Quinn	Muratoglu, Sinan
Doucette, Mac	Myers, Anthony
Downing, John	Piasecki, Luke
Egbuna, Nathan	Qi, Maggie
Ewald, Alex	Salhanick, Spencer
Francis, Luke	Savino, Chris
Gallaudet, Sam	Stoody, George
Ganci, Anthony	Vest, Charles
Gandhi, Sia	Wicinski, Iwo
Giannoni, Jonas	Wilson, Lev
Haferd, Sebastian	

Award Winner: William H. Brown Crew Trophy – Samuel S. Gallaudet

Boys Varsity Crew 2023 Schedule

Sat	04/08/2023	Crew B	Salisbury/Deerfield	A	2:00 PM
Sat	04/15/2023	Crew B	Kent	A	2:00 PM
Sat	04/22/2023	Crew B	Duxbury/SJP	H	2:00 PM
Sat	04/29/2023	Crew B	Hanover HS/Bedford	A	1:30 PM
Sat	05/06/2023	Crew B	St. Paul's/Hingham	H	4:00 PM
Sat	05/13/2023	Crew B	Tabor/Exeter	H	2:00 PM
Sat	05/27/2023	Crew B	NEIRA	A	10:00 AM



Girls Varsity Crew

2023

Coaches: Taylor Washburn, Andy Finch, Ellen Minzner, Dale Hurley, Amanda Foushee, Aidan Spencer, Thomas Severo, Jose Zorrilla Matilla

Captain: Reese DiBiase & Daphne Edwards

Letter Winners:

April Arabian	Naomi Oberweger
Brooke Birdsall	Samantha Older
Mia Burton	Sarah Pan
Giuliana Cardinale	Riya Patel
Louisa Carter	Sage Preston
Amanda Chiang	Katherine Rodgers
Christina Cho	Maya Rogers
Avery Davis	Caroline Romano
Reese DiBiase	Bella Shmuylovich
Gigi Edsall	Meg Stineman
Daphne Edwards	Katie Swan
Whitney Kanter	Eleanor Tong
Migyu Kim	Emily Turnbull
Angie Lucia	Ameri Vest
Zoey McCarthy	Willow Wright
Lauren Montgomery	

Award Winner: William H. Brown Crew Trophy – Brooke W. Birdsall

Girls Varsity Crew

2023 Schedule

Sat	04/22/2023	Crew G	Duxbury/Drfield	H	2:00 PM
Sat	04/29/2023	Crew G	Hanover HS/Bedford	A	1:30 PM
Sat	05/06/2023	Crew G	St. Paul's/Hingham	H	4:00 PM
Sat	05/13/2023	Crew G	Tabor/Exeter	H	2:00 PM
Sat	05/27/2023	Crew G	NEIRA	A	8:00 AM



Co-Captain Daphne Edwards '23 Leads by Example With Compassion and Hard-Work.

Phillipian March 31, 2023
Sophia Cratty

Growing up as a competitive swimmer, Girls Crew Co-Captain Daphne Edwards '23 was stumped with the task of choosing a spring sport in seventh grade. Out of desperation, Edwards chose to try crew — and her enjoyment of the sport quickly blossomed. However, it wasn't until her Lower Year at Andover when she began to take crew seriously. "I've done Connecticut Boat Club in Connecticut. I've done Community Rowing in Boston, and Cambridge Boat Club in Boston in the off-season when I'm not here," said Edwards. She remembers that crew "stole [her] heart" when she began rowing at Andover. "It's just so different from any of the other sports I did growing up, and I couldn't imagine my life without it," said Edwards.

Whitney Kanter '24 believes that Edwards is a "focused" and "approachable" Co-Captain. One of the aspects of Edwards that makes her such a great leader is her willingness to be involved with every member on the team. Kanter said that Edwards' role as a Senior and Co-Captain means she makes sure she's "accessible, and that the coaches are accessible and any new rower feels like they can go and talk to an experienced rower." According to Kanter, "[Edwards] fosters this community within the girls team and is working to foster a community with the crew team in general that is enthusiastic, supportive, and welcoming, and I think that is something so amazing about her." Migyu Kim '25 shared similar sentiments to Kanter, describing her as a shoulder to lean on. "Daphne is a good Captain because of her compassion. It's been the first week of the season, and she constantly has been having a discussion with each and every one of the athletes and just having discussions about making sure we have a really inclusive team atmosphere and I really appreciate that," said Kim. "You can tell that she really cares about every single one of the athletes, even the newcomers and also the people who have rowed with her for a while. She's always really optimistic and friendly. She's just a great person to turn to, you know you can go to her if you have any issues whatsoever."

2021-2022 Co-Captains Aleisha Roberts '22 and Adya Chatterjee '22 were important role models for Edwards. Edwards looks to mirror the ways in which both Co-Captains led the team last season. "I think the Captains last year were really amazing. Aleisha and Adya were both really great Captains and it was a really special year because I believe they were the first Captains of color on the team and it was just such a great move forward for our program," said Edwards. "They left such a great legacy that I'm just trying to live up to the best that I can. They were just so positive and welcoming and warm that it just made everyone want to be a part of something special and do their best," said Edwards. According to Kanter, Edwards' ability to maintain a positive mindset and keep a positive demeanor even throughout the most difficult days has allowed Andover to compete at a high level everyday. Kanter said, "She's [so] focused, even just in the boat she's a such a good hard-working rower, so any new person who walks on the team can see her smiling even in the middle of a rainstorm, and also just pulling really hard for herself and everyone else in the boat." According to Kanter, Edwards' good intentions make her a successful leader. "I think that's what makes Daphne such a good captain...everything that she does isn't just for herself or for her title, but she does it out of genuine care for the well-being of the team in general."

From Dance to Crew: Co- Captain Trevor Moss'23 Finds Rhythm in Rowing

Phillipian March 31, 2023
Meg Stineman

Boys Crew Co-Captain Trevor Moss '23 began rowing just three years ago, after wanting to expand his athletics beyond dance. Although the start of his crew career was unconventional due to Covid-19, his balance, musicality, and sense of timing from dance allowed him to adapt quickly to the rhythm of the sport. "I first started crew the summer after my Freshman Year. It was over Covid. I learned to row on an erg actually. And we would have our sessions over Zoom with the camera pointed sideways and then coach on the call. And then that transitioned into learning to row on the water in singles and then when things got a little more relaxed, I rowed in the Fall and Winter of my Lower Year," Moss said.

According to Michael Williamson '25, while competitive towards his opponents, he is a supportive captain to his fellow teammates. Williamson believes Moss's approachability encourages camaraderie in the boathouse. "There's a really bad problem with the ego in a lot of crew... As a Senior who's rowing on a pretty high boat, I think that he completely drops that [ego] on the water. I mean, he carries that great energy, he works hard, clearly. He just gives 100 percent on every practice... He is willing to give feedback. He's amazing at accepting feedback," said Williamson.

Moss has created a mindset for himself that he hopes to spread to the team. Throughout weekly practices, the team rows 25 times the distance of one race course, which is the thought process that Moss has. After a week of challenging workouts, going onto the water for five minutes gives maximum effort seems less daunting, explained Moss. Moss described his mindset leading up to races, finding ways to make racing less daunting to his teammates. After a week of challenging workouts, Moss hopes that races are an opportunity for the team to showcase the entirety of its hard work. "You'll have a race on Saturday and then you'll have five more practices... where you'll take five times the length of the race course at the bare minimum during each of those five practices. So, the race is such a short piece that you've done all of this prepwork leading up to it. You've done 25 times the distance at the minimum to prepare for the race. And now it's time to go out there and show what you've got for five minutes," said Moss. Williamson admires Moss's consistent effort on the water. Despite starting the sport not long ago, Moss leads by example and through a respectful attitude. "When you see one of your teammates working so hard it's just very motivating to watch. And he makes it if you're making an error on the water, he's [not] going to yell at you or anything like that. He just keeps it very real, gives you constructive and helpful criticism," said Williamson.

Head Coach Taylor Washburn '03 appreciates Moss's authenticity. Through his recent introduction to the sport, Moss has especially been able to connect with novice rowers, supporting them through the challenging transition to the sport. "Trevor feels a little bit more real, like he feels like someone who came to the sport later, has worked really hard, has seen success, but doesn't forget that he was a novice not that long ago. For every rowing program, through Trevor, they can see this pathway to success. See that regardless of where you start, there's an opportunity to go have a pretty big impact on the team. He does that by just giving his time and, and really working to connect with everyone on the team," said Washburn.

Co-Captain Wynant Hubbard'23 Embraces Leadership role with Discipline

Phillipian March 31, 2023
Nabilah Nazar

Boys Crew Co-Captain Wynant Hubbard '23 works with diligence and focus. Year-round, he takes charge by leading training sessions with teammates and working on his fitness. Hubbard began rowing the summer after eighth grade. However, his crew career first took off in Lower Year after returning from extensive time on the erg during the Covid-19 pandemic. According to Hubbard, the sport serves as a way of developing bonds

and testing his discipline. “Rowing in general has given me a lot of structure and a lot of purpose. And rowing in Andover particularly has allowed me to define my high school experience with a sport, but also it has allowed me to meet great people and form great connections. And it has allowed me to focus on something where I’m working towards a goal that’s in my control,” said Hubbard.

Head Coach Taylor Washburn ’03 praised Hubbard for his devotion to crew. His determined attitude stands out amongst the rest, according to Washburn. “Wynant is very much a leader by example. I think he is someone who, from day one way back in September has been eager to go to the gym at any point. And he’s kind of always on the erg. He’s someone who doesn’t take anything for granted. He knows what it takes to get to where he wants to go and isn’t going to cut any corners. And so what I’ve seen with him this year is someone who’s willing to do the work,” said Washburn. Now rowing for his third season with Hubbard, Quinn Domina ’24 emphasized Hubbard’s focused work ethic. “One thing that I really respect about him is he’s always very serious and focused during his training... Whether we’re on the water or on the erg, he’s always very dedicated to what he’s doing. He tries to avoid distractions, and he tries to get as much work done in as little time as possible... And he’d worked really hard to keep that level of focus for those around him and make sure everyone was being as productive as possible with their training,” said Domina.

Taking place in May, the New England Interscholastic Rowing Association (NEIRA) Championship is the biggest regatta of the season, according to Hubbard. With Andover placing fourth last year, Hubbard looks forward to advancing further this season. “The pinnacle of the season is the NEIRA Championship... but we have other races that are very important to us. Obviously [Phillips] Exeter [Academy] is important, it’s a [rivalry]... With Exeter, we have trophies, so the winner of that one race gets to take the trophy for that year. So that adds another level of importance to the race as we want to bring the trophy back to Andover for the year,” said Hubbard.

While hosting training sessions off-season, Coach Washburn noted Hubbard’s growth as a leader. “An area where I’ve seen him grow, over the course of the year, I’ve seen him much become much more a someone who wants to bring others along... Where I think early on it was he would just be in there and do it, and so I think he’s grown and evolved in that way. And then I think Wynant is someone I have a lot of trust and confidence in... I can talk to him and really feel like I can get a pulse of the team and have a sense of what’s going on, and so I really value that about him,” said Washburn. Sharing similar sentiment to Washburn, Leverett Wilson ’23 commented on Hubbard’s vast knowledge of rowing and commended Hubbard for his liveliness on the team. “I think his leadership style lends very much towards taking charge, whether it be bringing boats down to the dock or life jackets, and definitely just knowing what to do. And I feel like Wynant always [has] a handle on whatever he’s rowing. He knows the sport inside and out like the back of his hand,” said Wilson.

Hubbard will be continuing his academic and athletic career at Boston University next year. Hubbard shared his excitement to enter the world of Division I collegiate rowing. Hubbard said, “It was my goal [to row in college]. I wanted it as a testament to my ability to achieve my goals. But also to know that I worked hard... I know, it’s a lot of time and effort, but I find the sport to be so rewarding. And it’s obviously very difficult, so a lot of the growing is pretty monotonous and not very fun. But I think it’s the team that makes it all worth it. And so I’m very excited to continue in college.

Head Coach Taylor Washburn’03 Leads with Passion, Intensity and Focus

Phillipian March 31, 2023
Angie Lucia

Coach Taylor Washburn ’03 spent his afternoons as a kid riding the launch boat with his father, who was a former coach for Andover Crew. In a family of rowers, Washburn expected he would eventually find himself doing crew, but it wasn’t until his Junior spring at Andover that he discovered his passion for rowing. After Andover, Washburn went on to have a very successful collegiate career, rowing in the first boat for the Lightweight Crew at Princeton University. He became captain his Senior Year and later spent time on the

National Team, later going on to race in the World Championship. He shared that, after his time on the National Team, his plans changed when he realized how much he missed having an impact on kids. “I planned on taking the next year just to row full-time, and see what I could do in the sport. In doing that, transitioning to just being a full time rower and that being my full focus, I realized how much I missed teaching and coaching and [that] multidimension... I really realized that I missed working with kids, missed coaching, and being in the classroom. So at that point, I was faced with a decision: If I [was] really going to pursue this, I [was] going to pursue the Olympic cycle, or I’m going to say, ‘You know what, I did it and I’m pretty happy and content with that.’ So at that point, I decided to walk away and come back to teaching, and that was really the beginning of my teaching coaching career,” said Washburn.

Because Andover Crew is such a large team, Washburn has the task of connecting a wide group of athletes. Dean Burton ’26 described how Washburn sets up platforms where the team can record its progress as a way to get the team familiar with each other with a little friendly competition. “Something he’s done is he’s connected us over the breaks. So [during] Winter Break and Spring Break he’s emailed the team, he’s made little competitions, or little Google Sheets, where everyone records what they do to encourage everyone to get back into the season of rowing. He’s really good at connecting the team, so by the time we all got back on the water for the regular season, we all knew each other and what each other could do,” said Burton. According to Leverett Wilson ’23, Washburn’s passion shines through, especially in the frequent emails he sends out filled with important updates and motivation. “I think Coach Washburn has been a really helpful resource to the whole team and a very motivational and thorough, passionate leader for all of the students. He really cares, whether he’s always sending out detailed emails and really cares a lot about making sure that all the rowers and Andover students understand the sport and are just having fun. I think at the core, rowing can definitely be really serious, and crew definitely has a reputation for that, but he’s really committed to the sport and he really loves it, and that love comes through and helps to motivate all the students and build a really meaningful community. I think he’s just being really passionate and really supportive. He really cares that everyone is getting better every single day and rowing faster,” said Wilson.

Washburn shared that as he’s evolved from an athlete to a young coach to a more experienced coach, his leadership style has evolved as well. “I think I’ve started to find my voice as a coach... It’s just trying to be authentic and be genuine, and that looks and sounds different at different times. But I try to be really real and honest... I think I just speak from the heart. Whatever, I’m seeing, what I’m feeling at that moment, I share.” Washburn continued, sharing how this realization has been an important part of his development as a leader. “[It’s] something that’s taken me a while to come to, like I wasn’t as good at doing that as an athlete, and even as a young coach that didn’t come naturally. But over time, I’ve allowed myself to be a little more vulnerable with my athletes and share a little bit more with them,” said Washburn.

Boys Co-Captain Trevor Moss ’23 emphasized Washburn’s dedication to the sport. “[He has] that passion that he brings, that energy, but also that intense focus... He’s very analytical about where he wants people to be. Of course, early in the season, he’s making a lot with the boats and trying to see who rows well with who. To kind of summarize this, it’s his energy and passion.” While making boats as fast as possible is important to Washburn, he mentioned that it’s just as important that the sense of community on the team leads to improvement from all rowers. “At the end of the season, I [want to] look back on the season seeing real, tangible progress from every single one of our rowers top to bottom. I want to look back and feel like we did things the right way, that we were finding ways to get faster every day, that we were committed to each other, and that we look back at the season going, ‘We did the best we could do this year’... Beyond that, I think it’s making sure that every athlete on the team has a good year, and they can reflect back in the spring and go, ‘This is a team I want to be part of. This is a place where I felt like I contributed real value.’ And that value is identified by the coaches, by my teammates, and leaves them excited to come back the next year,” said Washburn.

Girls Crew Swept by Kent in First Race of the Season

Henry Snow – Phillipian
April 21, 2023

Despite losing to Kent in the opening race of the season, Andover Girls Crew gained essential experience working together as a new team. With this loss, Andover's record now stands at 0-1.

Layla Shmuylovich '26, a first time rower, was greeted with open arms by the Andover crew team. She was impressed with the team's supportive attitude and spirit throughout the meeting despite the loss.

Shmuylovich said, "Even though we did not win, everyone came back with smiles and a supportive attitude. This was my first time rowing on the Andover team, and I have to say this is the most supportive and strong crew community I have ever been in. Before and after we raced, I could hear the cheers of our teammates, and that really drove us to work even harder."

Migyu Kim '25 believed that the training leading up to the event was beneficial to the team's overall coordination and physical level. Due to the new rowers on the team, it was crucial to build a foundation before the race. "This was the first race of the season, so leading up to the event, we were really just training to find our rhythm and connection as a boat. In our workouts, we focused on improving our fitness and getting used to racing rates. Our training definitely translated into the race because it felt that we were all working together and I felt physically prepared to compete on Saturday," Migyu said. Samantha Older '25, a coxswain, highlighted the team's work ethic and determination. Using the techniques learned in practice, Older believed that they were successfully able to execute each strategy. She also pointed out the team's ability to recover from a crab, an accident that occurs when a rower loses control of an oar. "I was very proud of how my boat recovered from the crab. They did not let it phase them, they simply picked themselves up again and gave it all they had. I could see the fight, determination, and competitive spirit they had, and admired how they kept their composure and focus all the way through. In terms of technique, I was impressed with how the team kept the length and pressure without rushing the recovery, even at a high race rate. We also kept a good time with each other and focused on keeping the swing synced with every other rower in the boat," said Older.

Co-Captain Reese DiBiase '23 stated that the team should focus on improving their starts as it was an area where Kent had an advantage and was able to capitalize on. Looking ahead, she believes this will be a big area for improvement. DiBiase said, "I think for the girls' side, especially G1, we don't have a ton of practice being down on other crews and walking back. In our start during the race, Kent was able to get the lead and after that, we struggled with how to walk back to them." Since it is only their first game, Shmuylovich thinks that the team needs to keep working on its weaknesses and preventing accidents. If the team does this she believes they will be in a great place for the upcoming meet. "I think all boats and all rowers have learned a lot about different things we can work on, whether it is how we recover from crabs or how we do the start sequence. This will all be used as a basis for what we need to work on for our next event this Saturday," said Shmuylovich.

After last weekend's game, Kim also expressed her thoughts that to achieve future success, the team must concentrate on technique and work together as a unit. Additionally, she emphasized the significance of staying composed and getting enough rest while preparing for the upcoming match. "I think that there is still work to be done in terms of finding our fluidity and connection as a whole boat. We made a lot of improvements, considering the final lineup hadn't been set until a couple of days before the race, but rowing as one is really crucial for success, and I think there is still more training to be done to become even more aligned. Specifically for technique, we are going to work to have quicker catches, which essentially allows for more efficient and effective strokes. Finally, my boatmates and I are going to be thinking about staying calm and confident in our abilities and not getting frantic and tense in the face of competition," said Kim. Andover Girls Crew will go against Deerfield and Duxbury next Saturday for their second competition of the season.

Girls Crew Places Second in Home Opener

Nabilah Nazar

Phillipian – April 28, 2023

Andover Girls Crew competed in its second race against Duxbury and Deerfield Academy this Saturday. Girls Boat One (G1) finished second, falling 17 seconds behind Deerfield, although it cut its time down by nearly 21 seconds from its first race. According to Meg Stineman '25, there was a significant improvement between the team's first and most recent race. After targeting areas that needed work, Andover was able to draw a large margin between its boat and Duxbury's, while keeping a close margin against Deerfield.

"In comparison to Kent, I think it was an exponential improvement. The Kent race felt really flustered and we were just really nervous because it was our first race and it didn't work out in the way we were hoping. And so our goal was really just to improve in the following week. And I think that's exactly what we did. Deerfield is an insane program, ridiculously good and we barged as much as we could. And in terms of Duxbury, we were really excited to have pulled...up in front of them... [It was] helpful in our motivation during the race because margins matter a lot in the long run," said Stineman.

Deerfield's program was reconstructed this year after transitioning to eight-person boats. Andover did not make assumptions before the race due to the unfamiliarity with Deerfield's program, noted Louisa Carter '25. In spite of placing second, the team remains focused on the New England Interscholastic Rowing Association (NEIRA). "I think we rode much stronger than we had [previously]. I think Deerfield is [a] super strong school. They just transitioned from quads to eight this year. So no one within the eight schools has really raced them before... They're really incredible this year. But I think that it was a really good race for us as well. Even though we lost, we were happy with the margin because that's what it comes down to eventually when you're getting seating for the NEIRA," said Carter. Brooke Birdsall '23 attributed Andover's success against Duxbury to its previous races, while Deerfield's strong program brought in a new challenge for the team. Birdsall looks forward to racing Deerfield in the near future. "Going into it, we knew a little bit about Duxbury's program because we raced them last year... Deerfield was more of a wild card for us... I was really excited to get to go up against new opponents. And they were definitely a really strong team... It's definitely some tough competition. We will get to meet up with [Deerfield] one more time at the end of the season and I'm definitely looking forward to [having] another chance at them," said Birdsall.

Looking forward, the team hopes to work on generating power in its drive, while also maintaining composure during races, particularly in the upcoming race where Andover will face the challenge of rowing against the current, noted Stineman. "For future races, I think something we're really working on is staying calm and not getting too stressed about the race... This is just another race for you to leave your everything. You have to [reach] almost your breaking point, but we [also] row better when we're calm. More specifically, we're working right now on direct catches and a lot of power through our drive and in the back end especially because in our upcoming race, we're going upstream against the current." Rowing in concert to each other will optimize the team's performance, commented Birdsall. Part of that comes with swinging simultaneously with one another and extending that connection to each member.

Birdsall said, "One of our things is that we really need to work on [is] swinging in unison when we're rowing together. So that just means following each other's bodies a bit more closely, so that we move like a really well oiled machine of eight people moving back and forth together, which would be the most optimal power distribution in the boat." In practice, the team has also raced the Boys Boat One [B1] for the first time to prepare for races. The scrimmage helped rowers focus on enhancing their technique and drive with power, noted Carter. "What we're practicing now is really putting a lot of power into our strokes. We've been doing a lot [of work] with our technique. Today for the first time, we raced the boys and we hope we continue to do it. It's been helping us just really practice stepping on the gas and trying to get seats back when we lose them... Really practicing that mentality and just driving as hard as you can, not just focusing on having

perfect technique, which is equally important,” said Carter. Andover races against Hanover and Bedford this Saturday.

Boys Crew Sweeps St. John’s Prep and Duxbury

Elise Minor

Phillipian April 28, 2023

Andover Boys Crew raced St. John’s Prep and Duxbury on Saturday. For the first time this season, each one of the team’s four boats won its respective races.

According to Maxamillian Dabbous ’24, a rower on Boys Boat Two (B2), the team’s hard work during practices was evident during the race. “The thing we were working on all week was building up our endurance so we could have a fast base pace. We held a fast base pace like we predicted, and it all came together at the end when we sprinted,” said Dabbous.

Andres Aleman ’23, who also rowed on B2, explained how his boat still maintained a great lead despite a minor setback. The boat finished about three lengths ahead of Duxbury. “B2 had a great race. We were in lane one so we had the longer stagger. We started further back so off the blocks. We had a pretty good start, but we were still behind. One of our rowers, Mac Doucette [’23], his feet chords came out completely during the race, so it was basically like we were rowing with seven guys in the boat. But we were still able to pull the head through the halfway mark and by the end of the race we had just kept building.” said Aleman.

According to Sia Gandhi ’24, the coxswain of B2, the persistence of the boys in the boat allowed them to win the race. Gandhi highlighted the boat’s strong start, which led to the win. “I think B2 is a special boat because all of the guys are self-motivated to work together and strive to push their limits to achieve success. This was exemplified during our race, as even with breakage, the guys pushed through and used our setback as drive to push harder, consequently leading us to win with open water,” said Gandhi.

Dabbous stated that the team’s second boat is known for its energy, but it still needs to work on increasing its pace. In this way, the boat can excel in the middle part of the race. “The second boat is known as the hype boat on the team, so it’s the most fun boat to be in. Everybody has a good time, and we need to work to just keep getting our base pace faster so the base pace is like the middle bit of the race, and if we can keep a very strong middle bit and have good endurance we could be unstoppable,” said Dabbous. Andover Boys Crew will race Hanover High School and Bedford this upcoming Saturday.

From: andovercrew.com

We awakened this morning to pouring rain but by 7 am the River Gods chased away the rain clouds and provided the best of rowing weather. We had flat water, calm winds and warm air.

Two of the boats has a short race that we captured in the this video [Click here Reunion video](#)

At the end of the Senior Row day, the students elected the co-captains for 2023/24 and Coach Washburn announced the William Brown Trophy winners for the year.

The co-captains will be Boys: Nate Bechard and George Stooddy, Girls: Whitney Kanter and Emily Turnbull.

The winners of the Brown Trophy are Sam Gallaudet and Brooke Birdsall

Congratulations to them all. Well deserved.

We had a great day of racing at NEIRA on Lake Quinsigamond. We are on a program to rebuild post-COVID. All boats raced well with B3 and B2 taking Silver. For the Team Trophies with 18 schools, the boys took silver with 30 points, and the girls took 5th place with 18 points. Onwards and upwards! Thanks to all the coaches and parent volunteers. Well done to all the boats. Go Blue!



May 13th Exeter and Tabor Races

Variable headwind conditions on the course (10-20mph). Slight tail current. Conditions changed quite a bit, race to race. Times should not be compared. We had a great day of racing with good weather apart from some blustery head wind that caused some rougher water from the island to the finish.

Exeter won the Dave Swift Trophy with 36 points to Andover on 30 as Andover took second place in 6 races and first place in 3 races. Our boats have improved much more over the last few weeks than the results would indicate.

In the B1 race, Andover was ahead when we caught a boat-stopping crab in the 1st 500m that caused the rower's seat to come off the tracks. Although they recovered from the crab very quickly they had to row the remainder of the race without a seat. Without the sliding seat your stroke is much shorter and the contribution much less. Better to catch the crab today than at NEIRAs. The rules of rowing say that only if an equipment failure happens in the first 100m, the race will be stopped and restarted.

Two of our races today had a margin of 0.2 seconds. So after racing 1650 meters we were within 1 meter of each other. That is 6 1/100ths of a percent.



May 6th St. Paul's and Hingham High Races

This was a great day of tough racing. The river was running very fast. It made steering a bit more difficult for the less experienced coxswains. This also makes the boats go faster but adds a level of difficulty getting the oars in and out of the water cleanly. The St. Paul's B5 caught a bad crab during the race. The G4 girls had a three boat oar clash a few hundred meters into the race which was stopped and re-started with more success. Our boys won 4 of the 5 races and our girls bested Hingham in all their races but were unable to match the speed of St. Paul's.

It is an ancient custom of crew racing to throw winning coxswains into the water. We have a video of our coxswains taking the plunge



April 29th - Hanover High and Bedford

Another expedition by the Andover Crew tribe with 9 boats to the beautiful Connecticut river in Hanover NH. This river runs for about 650 Km from Moose falls to Long Island Sound. Hanover is about 1/3 of the way.

Hanover is the home to Hanover High and Dartmouth College. Many Andover alums have rowed and are rowing for Dartmouth.

Marth Beattie, a member of the first class of women to graduate at Dartmouth, the first women to coach Andover Crew B1 and Andover Parent of three Andover Crew rowers has been involved helping rowing programs in the area and most recently Martha was a very popular Vice-President of Alumni Relations at Dartmouth until 2017. Martha is a Volunteer assistant coach for Dartmouth Women's rowing.

Bedford Crew was founded in 2010 and now has about 90 rowers with their docks on our own Merrimack river in Hookset, NH.

A captain of Andover Crew once said, "If I am not cold, wet and in pain, then everything is good". She was refereeing to a very cold wet day On the Merrimack in 2006. This weekend was not quite so cold but it was wet. Our crews rowed uphill through their pain to best theory opposition in 7 of our 9 races.



April 22nd St. John's, Duxbury, and

Deerfield Academy Races

Our home opening race. All of our boats have been improving over the last three weeks as measured against ourselves. In-season races are opportunities to measure ourselves against competition that we will see at NEIRAs. Every team starts are a different place and improves at a

different rate. The boys raced St. John's and Duxbury and the girls raced Duxbury and Deerfield. Deerfield won three of four possible trophies at NEIRAs last year racing fours. Now that they moved over to eights, they are a favorite for medals this year. Our girls raced well and bested Duxbury but could not, at this stage defeat Deerfield, but they did do well. Our boys proved better than Duxbury or St. Johns in all four races.

BOYS' CREW SWEEPS DUXBURY AND ST. JOHN'S PREP

Results:

Boys' 1st Boat:

Andover 4:58.0

St. John's Prep 5:14.1

Duxbury 5:18.7

Boys' 2nd Boat:

Andover 5:08.8

Duxbury 5:19.8

St. John's Prep 5:24.3

Boys' 3rd Boat:

Andover B 5:19.8

Andover A 5:22.7

St. John's Prep 5:46.9

Duxbury 5:48.5

Boys' 4th Boat:

Andover B 5:48.1

Duxbury 6:16.8

St. John's Prep/Andover Combined 6:18.0

GIRLS' CREW HOME OPENER VS. DEERFIELD AND DUXBURY

Girls' 1st Boat:

Deerfield 5:19.7

Andover 5:36.3

Duxbury 5:58.6

Girls' 2nd Boat:

Deerfield 5:45.2

Andover 6:08.2

Duxbury 6:12.2

Girls' 3rd Boat:

Deerfield 6:00.4

Andover 6:19.8

Duxbury 6:50.5

Girls' 4th Boat:

Deerfield 6:18.5

Andover 6:41.6

Duxbury 6:55.4



April 15th Kent Races

This is the first race for the girls and the second race for the boys. Kent start rowing before Andover and have a few races under their belt. Their course is a river with curves and varying current. On lake races, coxswain have to compensate for wind and unbalanced rowers to ensure a straight course. At Kent the coxswains have to include the impact of steering on the curve into areas with good current. Kent do this every day.

Our boats are visibly improving every day. Kent have a head start, we have a hill to climb but NEIRAs will be a different race. Congratulations for races well rowed to all our boats.

BOYS' CREW WINS TWO OF THREE RACES AT KENT

The boys' 1st, 2nd, and 3rd boats traveled to Kent, CT to race against the Kent School.

Conditions varied throughout the afternoon due to a storm system moving into the valley. Slight tail current with headwinds ranging in strength from 9-12 mph in the lower boats and up to 15 mph and gusts over 25 mph in the first boat boy's race.

Times should not be compared between different races, as each race started at a slightly different point due to the winds.

Results:

Boys' 1st Boat:

Kent 5:03.8

Andover 5:14.6

Boys' 2nd Boat:

Andover 5:09.7

Kent 5:12.9

Boys' 3rd Boat:

Andover 5:24.6

Kent 5:41.1

GIRLS' CREW OPENS SEASON AT KENT

The girls' 1st, 2nd, and 3rd boats opened their season by traveling to Kent School.

Conditions varied throughout the afternoon due to a storm system moving into the area. Slight tail current with headwinds ranging in strength from 9-12 mph in the lower boats and up to 15 mph in the first boat race. All crews handled the conditions well and raced hard.

Results:

Girls' 1st Boat:

Kent 5:45.7
Andover 5:57.9
Girls' 2nd Boat:

Kent 6:04.8
Andover 6:23.1
Girls' 3rd Boat:

Kent 6:09.0
Andover 6:16.1



April 8th Salisbury and Deerfield Boys.

The first races of the season. Bright sunshine, warmish weather. The first race was B2 where Deerfield proved their successful conversion to eights by streaking ahead of Andover who rowed gallantly to a clear water lead over Salisbury. In the B1 race, our enthusiastic crew steered too close to Deerfield at about 500 meters and clashed oars. Both boats lost their stride but Deerfield recovered well and went ahead but could not catch Salisbury. The final race was our rambunctious B3 who took off from the start. They seemed to lose steam as they settled into their middle race but true to character they recovered and held on to win by 3.9 seconds or a smidgen over a boat length.

BOYS' CREW OPENS SEASON @ SALISBURY

The boys' 1st, 2nd, and 3rd boats opened their season by traveling to Salisbury School to take on Salisbury and Deerfield Academy. All crews had competitive races and look to build on those results next week when they head to Kent School. The highlight of the day was the 3rd boat which rowed a very aggressive and tough race and took home the win.

Results:

Boys' 1st Boat:

Salisbury 4:21.5

Deerfield 4:25.5

Andover 4:31.6

Boys' 2nd Boat:

Deerfield 4:31.0

Andover 4:37.5

Salisbury 4:52.8

Boys' 3rd Boat:

Andover 4:50.9

Deerfield 4:54.8

Salisbury 5:20.5



Phillips Academy

All Gender Crew Roster

2022 – 2023

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Margaret L. Agosto	2026	Hopkinton, MA	John Downing	2023	Methuen, MA
Andres Aleman	2023	Houston, TX	Genevieve G. Edsall	2025	New York, NY
Nicholas S. Anastos	2023	Norwell, MA	Daphne M. Edwards *	2023	Vernon, CT
April J. Arabian	2024	Andover, MA	Nathan I. Egbuna	2026	El Paso, TX
Nathan B. Bechard	2024	Andover, MA	Alexander E. Ewald	2024	Andover, MA
Lucas Benardete	2026	Seattle, WA	Luke B. Francis	2025	Cape May, NJ
Brooke W. Birdsall	2023	Lake Oswego, OR	Samuel S. Gallaudet	2023	Andover, MA
Max R. Boesch-Powers	2024	Cambridge, MA	Anthony R. Ganci	2024	Andover, MA
Dean S. Burton	2026	Valatie, NY	Sia P. Gandhi	2024	Andover, MA
Mia S. Burton	2025	Valatie, NY	Jonas H. Giannoni	2025	New York, NY
Giuliana N. Cardinale	2025	New York, NY	Connor S. Gleason	2025	Southborough, MA
Anabelle Carrizosa	2025	Bogota, CO	Sebastian H. Haferd	2025	Cambridge, MA
Louisa S. Carter	2025	Concord, MA	James C. Herlihy	2024	Andover, MA
Amanda Chiang	2024	San Mateo, CA	Lucille D. Heyd	2026	Andover, MA
Andrew H. Chinn	2024	Jakarta, ID	Matteo P. Horvat	2025	Redmond, WA
Christina Cho	2025	Seoul, KR	Boling Huang	2023	Shanghai, CN
Ashley Choi	2026	Fort Lee, NJ	Wynant W. Hubbard *	2023	San Francisco, CA
Marie K. Christodoulou	2024	Alexandria, VA	Magnus G. Julin	2025	North Andover, MA
Evan J. Curtin	2025	North Andover, MA	Whitney F. Kanter	2024	San Francisco, CA
Maximilian A. Dabbous	2024	San Antonio, TX	Chloe J. Kasule-Wallace	2026	South Riding, VA
Avery E. Davis	2025	Garden City, NY	Sarah Katib	2026	Andover, MA
James A. Del Rio	2025	Cheshire, CT	Elissa Kim	2024	Fort Lee, NJ
Reese M. DiBiase *	2023	Knoxville, TN	Migyu Kim	2025	Berwyn, CT
Quinn A. Domina	2024	Andover, MA	Maya W. Lai	2023	Culver City, CA
William M. Doucette	2023	Byfield, MA	Angelina J. Lucia	2025	Haverhill, MA

*Captain

Phillips Academy

All Gender Crew Roster

2022 – 2023

Page 2

Reed T. Manning	2025	Lynnfield, MA	Caroline I. Romano	2026	Andover, MA
Andrew N. Massicotte	2025	North Reading, MA	Spencer C. Salhanick	2024	Andover, MA
Zoey V. McCarthy	2024	Brewster, MA	Christopher W. Savino	2024	Andover, MA
Danyella Mendez	2025	Sunnyside, NY	Alyssa Y. Schoonmaker	2026	Tai Hang, CN
Magdalena S. Mercado	2026	Hercules, CA	Layla B. Shmuylovich	2026	Toronto, CAN
John Mo	2024	North Andover, MA	Zachary Q. Skoutas	2026	Andover, MA
Lauren V. Montgomery	2025	Philadelphia, PA	Margaret H. Stineman	2025	Chicago, IL
John T. Moran	2024	Andover, MA	George Stoodly	2024	Alexandria, VA
Andrew B. Morgan	2024	East Setauket, NY	Katherine S. Swan	2023	Pelham, NH
Trevor H. Moss *	2023	Winchester, MA	Eleanor M. Tong	2024	Stamford, CT
Sinan O. Muratoglu	2024	Cambridge, MA	Margaret M. Tsien	2026	Fort Lee, NJ
Anthony C. Myers	2025	South Hamilton, MA	Emily Turnbull	2024	San Francisco, CA
Naomi Oberweger	2024	Riverside, CT	Paris S. Vega	2024	Lawrence, MA
Samantha D. Older	2025	River Forest, IL	Catherine A. Vest	2023	Chestnut Hill, MA
Ishaan Padmawar	2026	North Andover, MA	Charles D. Vest	2025	Chestnut Hill, MA
Sarah Y. Pan	2024	Salinas, CA	Paul C. Wehner	2025	Atherton, CA
Riya P. Patel	2026	North Andover, MA	Iwo M. Wicinski	2024	Warsaw, PL
Sarah M. Pease	2024	North Andover, MA	Lily V. Williamson	2025	Santa Monica, CA
Tina B. Phan	2026	Los Gatos, CA	Michael V. Williamson	2025	Santa Monica, CA
Luke C. Piasecki	2024	Charlotte, NC	Leverett D. Wilson	2023	Wenham, MA
Sage L. Preston	2025	New York, NY	Willow M. Wright	2026	Andover, MA
Maggie Qi	2024	Ridgewood, NJ	Andre Wu	2026	Andover, MA
Katherine S. Rodgers	2026	Dallas, TX	James R. Xiao	2025	Andover, MA
Maya L. Rogers	2025	Tokyo, JP	Darren Xu	2025	Shanghai, CN

*Captain

Coach: Taylor Washburn

Assistant Coaches: Dale Hurley, Andy Finch, Ellen Minzner,

Amanda Foushee, Jose Zorrilla Matilla, Aidan Spencer

Manager: Daniel Romero '24

Coaches:



Coach Taylor Washburn '03' Director of Andover Crew.

Taylor is an '03 graduate of PA. He rowed at Andover and Princeton before going on to row with the US National Lightweight Team. He comes back to Andover with coaching experience at Andover, NMH and Tabor. His 2012 Tabor B1 lost the NEIRA championship to Andover B1, coached by his father, by 0.233 of a second. We are told he has improved. :-)
Taylor is the Cluster Dean for Abbot and will be teaching math. We welcome Taylor and his young family back to Andover.

The goal is to inspire happy rowers to learn to row in the fall and win the New England Championship in the spring. We all wish Taylor and his team every success.



Coach Dale Hurley joined us in 2006 and has been a inspiration to our young rowers ever since with his famous launch cry of "What do you do when you are not having fun?" "PULL HARDER". He came to the program with coaching experience at Blair Academy, University of Pennsylvania, University of Tennessee, and the US Naval Academy built on top of a successful rowing career that included being a 5 time member of the U.S National Lightweight Rowing team.



Coach Ellen Minzner is a two-time World Champion in the Lightweight Women's pair who as a coach has helped thousands of athletes start rowing. She has coached at Wellesley College, Kansas State University, and the University of California at Berkeley, as well as at high school programs including the Winsor School, Greater Lawrence Rowing, and CRI where she won the Isabel Bohn Award from US Rowing, recognizing her significant achievement in providing opportunities in rowing for athletes with disabilities.



Coach Andy Finch learned to row at Boston University. After four years with the BU program, and upon graduation, Andy went on to row on the Lightweight US National Team for 3 years; 1994, 1995, and 1996. Coach Finch has previously coached at Brooks School, Philips Exeter, and more recently founded the rowing program at St. John's Prep in Danvers, MA. He continues to row and competes annually in the Head of the Charles Regatta which he has only missed once since his first in 1991.



Coach Thomas Severo Instructor in Law and History. Rowed at Holy Cross. Thomas speaks English, Italian, and a bit of Mandarin

Coach Jose Manuel Zorrilla Matilla Instructor Physics and supervisor of the Phillips Academy Observatory.

Coach Amanda Foushee Instructor English. Amanda was a coxswain in her rowing life and is excited to be back on the water

Coach Aiden Spencer Teaching Fellow in Philosophy and Religious Studies. Rowed at Hobart and William Smith Colleges and also at St. Paul's school where his father is a coach.

Varsity Cycling 2023

Coach: Thayer Zaeder

Assistant Coaches: Ben DuClos, & Sarah Parker

Captains: Amelia H. Vinton & Daniel D. Zou

Letter Winners:

James A. Davis
Kira K. Fulda
Petra Mrazova
Anna S. Ohm
Yuliya Solyanyk
Yasmine Tazi
Amelia H. Vinton
Daniel D. Zou

Award Winner: Not awarded

Varsity Cycling 2023 Schedule

Wed	04/19/2023	All-Gender Cycling	TEAM TIME	A	3:30 PM	Loudon, NH
Wed	04/26/2023	All-Gender Cycling	INDIVIDUAL TIME TRIAL	A	3:30 PM	Loudon, NH
Wed	05/03/2023	All-Gender Cycling	CIRCUIT RACE	A	3:30 PM	Loudon, NH
Wed	05/10/2023	All-Gender Cycling	CIRCUIT RACE	A	3:30 PM	Loudon, NH
Wed	05/17/2023	All-Gender Cycling	CIRCUIT RACE	A	3:30 PM	Loudon, NH





Phillips Academy Cycling 2023 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
James A. Davis	2023	Rennes, FR
Kira K. Fulda	2023	Bovenden, DE
Justus P. Kaufman	2024	Chicago, IL
Petra Mrazova	2023	Bratislava, SK
Anna S. Ohm	2024	Madison, WI
David M. Porto	2026	Vinhedo, SP, BR
Zadie A. Robinson	2026	Avon, CT
Yuliya Solanyk	2023	Uzhhorod, UA
Yasmine Tazi	2024	Casablanca, MA
Amelia H. Vinton *	2023	Palo Alto, CA
Matthew D. Wasilewski	2024	North Reading, MA
Emily H. Wu	2025	Boston, MA
Daniel D. Zou *	2023	Sugar Land, TX

*. Captain

Coach: Thayer Zaeder
Assistant Coaches: Ben DuClos, & Sarah Parker

Varsity Cycling

In The News

Cycling Soars Through First Race of Season



Andover Cycling raced an Individual Time Trial at the New Hampshire Motor Speedway on Wednesday. Co-Captain Amelia Vinton '23 and Daniel Zou '23 came in third place and fifth place, respectively.

Out of 12 total riders, seven competed in Girls A heat this week. Despite being one of the most competitive heats, Andover was able to get top placings. Emily Wu '25 acknowledged the team's effort.

Wu said, "Today we put riders on Boys C and B and all the girls in Girls A. I think Andover [Girls A], we [had] seven out of 11 competitors and we took places three, four, five, six, seven, ten and 11, which is honestly pretty good. We have a really strong team in general."

The team competed at a National Association for Stock Car Auto Racing (NASCAR) track with a customized course. Each rider competed five full laps, totalling up to 7.5 miles. Jay Kaufman '24 credited Zou on his personal best performance.

"It was a lot of fun. We raced on a NASCAR track and we [went] outside the track. There [were] a couple of hills. And we [did] laps. Today it was a time trial, an individual one. So we're kind of just racing against the clock. Our Captain Daniel, he's in Boys B. And he did really great," said Kaufman.

Yasmine Tazi '24 noted the risks of cycling and the importance of interpersonal bonds. Due to the team being smaller, there is more of an emphasis on relying on one another.

"The cycling team has always been a small team. So we're definitely always close...[always having a] very good atmosphere... Cycling is a dangerous sport. So it's great to trust your partners. And when you're right behind them... It comes just with figuring out who you feel most comfortable riding lead [with]. But it's also great to know that you can trust the person on a personal level," said Tazi.

Sharing similar sentiments, Wu emphasized mutual growth, as the team prepares for upcoming races. After four weeks of training, the riders continue to solidify the technical aspect of cycling, while learning to collaborate with each other.



Wu said, "We're still learning how to ride with teammates, how to use certain techniques...how the person in front is always doing more work and how to benefit from riding behind a teammate and all that logistics. It's such a team based sport and [an] individual sport and there's a lot to learn about everything. It's very technical."

According to Tazi, the cool weather posed a challenge for the cyclists. Part of cycling requires riders to create wind to assist their ride, eventually becoming more difficult with each lap.

"Weather [was a challenge] because it was so cold. We were freezing. And it was really hard to stay warm. Because we were outside and especially on a bike. It's three times colder because you create your own wind, because you go fast... It was hard to break with the wind. And I think it was also hard, because it was the first race for a lot of people and the girls were last [so] we had to wait until the end of the day to race, which was a bit tiring," said Tazi.

The race served as a learning curve for new riders, like Kaufman. Despite placing 11th, he hopes to elevate his future races through proper nutrition.

Kaufman said, "The challenge, I'd say it was for a lot of us, it was our first time racing. So like, we weren't totally sure 'How hard do I go?' 'How do I pace myself?' And I know personally, I got a little lost... So I think just combating that, I would say today was a learning experience. I would say at least for me to eat a little bit more before the race [and] hydrate a little bit more, so you're less crampy."

Andover Cycling will race this upcoming Wednesday for Team Time.

Empathy, Reliability, and Humility: Head Coach Thayer Zaeder '83 Leads His 20th Cycling Season



As a student, Cycling Head Coach Thayer Zaeder '83 was a part of Andover's first cycling team, established in 1980. According to Zaeder, his introduction to the sport as a Junior "solidified a lifelong passion for the sport." Now, Zaeder is in his 20th year coaching cycling at Andover.

Zaeder elaborated on his coaching style, sharing how he likes to balance success with safety on the bike and roads. He leads the team alongside Assistant Coaches Ben Duclos and Sara Parker.

"We share the coaching and each of us brings different areas of experience and knowledge to the coaching of student athletes. Personally, I try to model the habits and focus and attention to detail that is crucial to long term success and safety on the bike. As a coaching cohort, we try to create a fun and supportive team dynamic while still pushing our athletes to improve and grow as competitive cyclists," wrote Zaeder in an email to *The Phillipian*.

David Porto '26 shared similar thoughts about Zaeder leading by example. Porto also appreciates Zaeder's insightful feedback.

"A lot of times he gives us an example, especially for regular rides because the coach is always going in front. So we all just follow him, but also, in general [he gives] feedback. I remember one time I fell over because I did something wrong, and then he helped me and taught me not to do it again," said Porto.

Petra Mrazova '23 explained how dedicated Zaeder is to his athletes. He also prioritizes safety, whether it's helping out with a technical issue or making sure everyone is feeling their best on the road.

"He tries to demonstrate everything to his best understanding, tries to dumb it down for us, and any time anyone is confused or has questions, he is more than willing to help you out. On the road, he's really thorough. He looks after our safety, especially on the intersections and roads where there are a lot of cars, and any time someone has a problem, he's the first to stop by and try to help you out," said Mrazova.

Mrazova continued, further highlighting Zaeder's empathetic and caring personality.

"We got a flat a few weeks ago and even though he passed us, he turned around and he was the one who helped change the tire. He was the one who stayed behind with the girl, so he's really attentive. He is also our technical guy, so any time something is wrong you know that he's going to be the person who will help you fix the equipment [and] he's going to be the one who's gonna offer you a snack if you're feeling unwell," said Mrazova.

According to Anna Ohm '24, Zaeder has been supportive throughout the whole season. In the beginning, Zaeder's efforts revolved around ensuring new riders were comfortable and had access to the right equipment.

"We do preseason meetings where essentially, they have to line up all the bikes for the prospective athletes and get them ready for them because you have to adjust the bike seat. And then as the season kind of progresses, he's always really encouraging to people at the start, especially new people to the team. He also just has a big wealth of knowledge about cycling, and shares that with the team, whether that's game strategy or maybe it's changing a flat," said Ohm.

Mrazova shared one of Zaeder's values that he spreads throughout the team. She also mentioned his emphasis on personal care and having a positive attitude.

"You don't have to be the best, but you have to do your best. He doesn't expect you to win, but he expects you to do your best, what you can give on that given day. He always makes sure or reminds us to take care of our bodies, take the rest, eat well, sleep well, so he's looking after us in that sense. As well as have fun. He tries to make practices as fun as possible," said Mrazova.

Reliability and humility serve as core values of Zaeder's leadership. He also emphasized the importance of growth in a sport that often has a challenging transition period.

"Cycling is a very demanding sport that requires not only excellent fitness, but also skill and coordination and good decision making. I try to give student athletes the opportunity to improve and to give them the proper perspective on the arc of their growth as an athlete," said Zaeder.

Daniel Zou '23 Holds Together Andover Cycling's Community Through Endless Spirit



Andover Cycling Co-Captain Daniel Zou '23 came to Andover as a new Upper, where he has brought his love for recreational cycling into a more competitive atmosphere. Zou has found freedom in exploration since he can remember, and has enjoyed transitioning into a different energy of cycling. Since joining the team, Zou has developed connections with his teammates that have lasted through his Andover career.

"One of the things that I think is really important is that everybody feels valued and that they're part of this community, and we all get to know each other on a personal level because our races are all kind of far away. So we're in the car for two hours together. So I just think that feeling of belonging that everybody has is really important. If we win or if we do good in our sport, then that's also a plus. I feel our community is really unique in that we are one of those super competitive teams, but we're a team where people come and have a good time and just wanna do a sport in the spring that's fun," said Zou.

Yuliya Solyanyk '23 appreciates Zou's personability with his teammates. Not only does he make it his job to personally connect to each teammate on an individual basis, but Zou also holds together the community with his positivity. Solyanyk specifically highlighted how Zou pushes team's spirit during and outside of races.

"I feel like Daniel is the type of person who knows how to find the right approach to like anyone on the team. And he has this ability [to] make everyone feel like they belong on the team... I think it's not an exaggeration to say that our community, the cycling community, is very tight-knit thanks to people like Daniel who could kind of hold the team spirit together," said Solyanyk.

According to James Davis '23, Zou's ability to thrive in his sport while continuing to be modest is greatly appreciated among his teammates. Zou leads the cycling team by example in the sense that he is able to focus on himself when necessary, but also help his teammates when they are in need.

"He's very expressive and emotionally he likes 'taking a lot of space,' but at the same time he's also very humble. He has a lot of humility and he's always trying to make space for people," Davis said.

Not only does Zou bring lighter moments to his team, but he is also able to focus and be competitive when need be. Solyanyk mentioned Zou's recent move to a higher division for races, truly emphasizing his hard work in practice.

"I feel like, on top of being a Co-Captain, he also has this kind of responsibility to do his absolute best during races and during every race during every practice. And that's no wonder why his resilience and kind of this devotion to the sport helped him to move from the category boys C to category boys B, which is [a] more advanced one and represented over during every race was dignity and this confidence," said Solyanyk.

Zou has found himself bringing many laughs to the team. He motivates his teammates by consistently cheering them on during races, and acting as a vocal captain.

"[I'm] trying to keep the team motivated by cheering people on, and just having a good time, whether it be making jokes in practice about different things. I say coaches also do that too, but... I bring a humorous kick into the team," said Zou.

Meg Stineman
May 5, 2023

Energetic Cycling Co-Captain Amelia Vinton '23 Helps Foster Tight Knit Bond



Andover Cycling Co-Captain Amelia Vinton '23 continuously strives to make the cycling team a fun and inclusive environment for anyone. Vinton organized various events for the team and often works collaboratively with coaches and Co-Captain Daniel Zou '23, according to Anna Ohm '24.

"She organized a hike to Holt Hill and made sure everyone became unified as a team. I think as the term and as the season progresses it's more so to support

people through the races and also to work with the coaches. Our captains work a lot with the coaches.

There's a lot of logistics for cycling, between the bikes and everything. So she does a great job talking to the coaches and planning our rides for the day," said Ohm.

Vinton explained her role on the team. She mentioned the added pressure of showing up to practices or races as her best self.

"There's definitely an added layer of showing up. When you're a member of a team, it's like you show up every day, and then when you become a captain it's really about showing up even more every day with whatever you have to give and making sure that you're there and as best as you can be," said Vinton.

Emily Wu '25 feels that Vinton is a Captain that always has high energy and a positive attitude, constantly boosting the team's morale.

"She is one of the most energetic people that I have met, and she's just very enthusiastic about being here or just being around you, and she's full of energy every time that I see her. She's really good at cheering people up and even when she's feeling down. It makes me wanna be part of her journey because she is really open and compassionate, which is why I think she's just really cool and I love being with her and having her as my team captain," said Wu.

With the season coming to an end, Vinton reflected upon special moments she shared with the team that were representative of a strong team dynamic. However, Vinton also looks forward to the two races that the team has remaining.

"I'm looking forward to hopefully some more sunny days soon so we can get out to some bigger rides and also a few of our races that hopefully also won't be rained out. The races are always really fun and just more time for the team to bond together. I know that one highlight was on the way back from our last race, we had kind of a spontaneous karaoke moment that broke out in the rally wagon on our way back where we were all just singing a lot of songs. And it was so lovely and I was like, 'Yes, this is what I picture when I picture a team environment,'" said Vinton.

Wu looks to the end of the season with a slightly more bittersweet outlook. While Wu is excited to savor the time that is left, she acknowledges that her time with the team's six Seniors is coming to an end.

"They're all really nice people and I look forward to every single moment that I get to spend with the team. The team is twelve people, it's a really tight team of people who are really close together, and I really enjoy being with them, and I love this experience," said Wu.

Sophia Cratty

May 5, 2023

Varsity Golf

2023

Coach: Tedd Parker

Assistant Coach: Chris Odden & Caroline Odden

Captain: Howard “Trey” Wolfe

Overall Season Record

Win	Loss	Tie
11	3	

Letter Winners:

Angela Chen
Heyon Choi
Logan Eskildsen
Lucas C. Lee
Jack M. McVeigh
Sean Niu
Tyler Parker
Howard D. Wolfe
Shuai Xin Wong
Nanqing Zhao
Joseph Z. Zheng
Kevin S. Zheng
Abigail Zhu

Award Winner: Kazickas Golf Trophy – Joseph Z. Zheng



**Phillips Academy
All Gender Golf Roster
2022 – 2023**

Angela Chen	2023	Potomac, MD
Heyon Choi	2025	Seoul, KR
Remy C. de Saint Phalle	2023	Sun Valley, ID
Logan Eskildsen	2024	West Simsbury, CT
Xi Qiao Hu	2024	Vancouver, BC
Lucas C. Lee	2025	Los Altos, CA
Jack M. McVeigh	2025	Holderness, NH
Sean Niu	2025	Newport Beach, CA
Tyler Parker	2023	Andover, MA
Daniel P. Rekoske	2023	Glenview, IL
Howard D. Wolfe *	2023	Vero Beach, FL
Shuai Xin Wong	2024	Foshan, Guang Dong, CN
Nanqing Zhao	2025	Arcadia, CA
Joseph Z. Zheng	2023	Glenview, IL
Kevin S. Zheng	2026	Warren, NJ
Abigail Zhu	2026	Andover, MA

*Captain

Coach: Tedd Parker

Assistant Coaches: Caroline Odden, Chris Odden

Director of Athletics: Lisa Joel

Athletic Trainers: Zach Kershaw, Mike Kuta, Devin O'Reilly, Amy Wiggins



Varsity Golf 2023 Schedule and Results

Sat	04/01/2023	N.M.H.	A	1:15 PM	4.5 -1.5	W	
Wed	04/05/2023	Belmont Hill/PEA	H	2:45 PM	4-3/ 2.5-4.5	W	L
Sat	04/08/2023	Tabor	A	1:30 PM	10-2	W	
Wed	04/12/2023	Exeter/GA	A	3:30 PM			
Wed	04/19/2023	Holderness	H	3:00 PM	9-0	W	
Tue	04/25/2023	B. B. & N.	H	4:30 PM	12-0	W	
Wed	04/26/2023	Proctor	H	3:15 PM	7-2	W	
Sat	04/29/2023	Andover Invitational	A	12:00 PM	3rd/ 8 teams		
Thu	05/04/2023	Brooks - cancelled	H	4:00 PM			
Fri	05/05/2023	Dexter Southfield School	H	4:15 PM	6.5 -5.5	W	
Sat	05/06/2023	Deerfield	H	3:30 PM	5-2	W	
Wed	05/10/2023	St. Mark's	A	2:42 PM	7-1	W	
Sat	05/13/2023	Exeter/GA	A	3:00 PM			
Wed	05/17/2023	Exeter/GA	H	2:30 PM		W match	L stroke
Sat	05/20/2023	Deerfield/Exeter	A	1:00 PM	480, DA 485, E 499	W	
Wed	05/24/2023	KIT tournament	A	9:00 AM			

Varsity Golf

In the News

All-Gender Golf Defeats BB&N 12-0 at Home

Phillipian April 28th
Henry Snow

Andover 12 BBN 0
Andover 7 Proctor 2

After sweeping Holderness in its last game, Andover All-Gender Golf continued its streak of shutting out its opponents on Wednesday against BB&N. The team eagerly anticipates future performances similar to its latest match, which was fueled by its ability to maintain consistent hits throughout the game. Andover's record now stands at 4-1. According to Joey Zheng '23, each member of the team delivered an outstanding performance on every hole. While golf is typically viewed as an individual sport, he pointed out that the collective performance of the entire team is crucial to securing these wins. Zheng said, "Today, I think everyone on our team stood out. We swept them, so everyone won and contributed to the win. At the end of the day, we are really striving for team efforts like that. Our last two matches have been sweeps now, and we want to be the team that gets the cat out of the tree."

Jack McVeigh '25 highlighted Zheng's commanding performance on the first hole, which set the pace for the entire match, and energized his teammates from the get go. McVeigh noted that Zheng's unwavering determination and focus helped him and the team to maintain their momentum. "Someone that stood out today was our team number one, Joey Zheng. In golf, the number one players from each team are the first to tee off at the beginning of a match, and Joey really set the tone early by winning his first hole. This gave us good momentum for the rest of the match," said McVeigh. Leading up to the match, Zheng pointed out that the team worked on both its physical and mental skills. The team spent time practicing its swings, working on accuracy and distance, and perfecting its short game. At the same time, they also prioritized developing their mental resilience and focus, recognizing that golf is a sport that requires both physical and mental agility. "Practice is typically just nine holes of golf so it is pretty standard. We mostly practice our skills but recently a big thing has been the mental side of it. You are playing your opponent rather than playing the course and most of the time in golf you are playing the course, so your performance is based on how your opponent performs. Something that I have been working on is getting out of the gate stronger and winning the first hole to get my confidence going. When your opponent wins you can't let the beast think first. When your opponent goes up one hole in a match it tends to affect you mentally, so working on our mental game has been important," said Zheng.

According to McVeigh, the team's ability to handle pressure and respond effectively, a key aspect of golf, was a direct result of practice. He also emphasized that the team consistently performed well throughout the match, regardless of the situation. McVeigh said, "One of our strengths as a team right now is playing well under pressure. There have been a number of times so far this season when one of our players won their match on the final hole. Being able to stay calm and perform under pressure isn't easy, so I'm proud of how our team has handled that pressure thus far."

Moving forward, Sean Niu '25 reflected that though the team has been doing well, it needs to remain focused in order to continue to improve. He wants the team to keep training hard and listening to the coach in order to prepare for the Andover Invitational, one of the most important matches of the year. "Coming off a sweep, we need to continue being humble and follow the training plans of our coach. We will only continue to play well if we stay focused and maintain our high intensity. This will hopefully prepare us for future matches," said Niu. According to Zheng, the team could aim for more birdies, even though they had performed exceptionally well in its last game. The fewer the strokes, the quicker and more efficient the matches will be. Zheng said, "In golf, you obviously have driving, approach shots, chipping, and putting which are the four main shots. Birdies were especially important in the match today because my opponent was playing well." Andover will play at the Andover Invitational on Saturday.

All-Gender Golf Defeats Holderness 9-0 at Home

Phillipian – April 21, 2023
Sophia Cratty

Andover 9 Holderness

With just six of its team members competing, Andover All-Gender Golf competed against Holderness at home on Wednesday. Despite the added pressure that came with competing with such a small squad, the team ended up winning 9-0, shutting out Holderness. Andover's record now stands at 3-1. Joey Zheng '23 said, "I'd say the team performed pretty well... We won 9-0. It was six of our team versus six people on the Holderness team, so we played individual matches and then the team played a two [versus] two kind of thing."

Abby Zhu '26 mentioned how despite shutting out its opponents, Andover still has plenty of room to improve if it wants to have a successful season. She believes that it is simply a matter of getting into the flow of the season, but the importance of Andover finding its best form soon cannot be understated. Zhu said, "I think so far, since it's the beginning of the season, we're all kind of trying to get into it. For me personally, there's still a little bit of rust from being in the off-season. I think as the season continues, we'll all get a lot better. I think we'll play a lot better when we know each other better so we can work as a team and have more fun."

On Wednesday, Andover walked out to the course and noticed that its conditions were going to be a challenge throughout the day. Despite this, Andover maintained its optimism, and ended up shining through the rough conditions, according to Zheng. "The team walked out to the course and obviously we have really good chemistry already but we...saw the greens were punched. Which means that...there are little holes in the greens, so our team...knew that it would be something hard to play against today... I think as a whole, the atmosphere was really positive the whole day even though there were some things that could have got us down," said Zheng. Captain Trey Wolfe '23 made note of how, especially for New England teams, a golf team's success is defined by how quickly it can improve. In New England, it's difficult for teams to get practice during the off-season, so when the season starts, it's all about which team can get better the fastest, according to Wolfe. Wolfe said, "I mean obviously I think the main thing is just improvement and I'd say we're doing a great job with that. The start of the season in New England is tough because a lot of people are out of practice, so really what determines the good teams this season is who's able to improve the fastest, and I'd say we're doing a great job."

In a sport that typically depends on individual performances, Zheng highlighted the team's chemistry and lack of a hierarchy based on bracket seeding. He described the team as having a very positive atmosphere, and being filled with athletes so close to one another. Zheng said, "I think our team has got a great sense of chemistry right now, where we're at. Golf is one of those sports where it's unique because we have seedings and stuff. There's not really a hierarchy based on seeds. The higher seeds, the ones and the twos are not in control of everything, I mean everyone's good friends, the chemistry is great, so I'm looking forward to spending the rest of the season with the team in such a great atmosphere and hopefully getting some results like we did today." Andover will face Buckingham Browne & Nichols (BB&N) at home on Tuesday.

Boys Varsity Lacrosse

2023

Coach: James Beaudoin

Assistant Coaches: Martha Fenton & Chase Chamberlin

Captain: Aidan W. Fenton, Charles M. Ferguson, & Benjamin A. Garozzo

Managers: Isabella Alvarez Martinez, Isabelle Brown, Nishani Clarke,
Ruby Flaherty, & Caroline Mc Girt

Overall Season Record

Win	Loss	Tie
8	11	0

Letter Winners: Isabella Alvarez Martinez, John D. Bainbridge, Whyett E. Benn, Isabelle S. Brown, Mason N. Carlow, Nishani S. Clarke, Logan M. Cove, Luke A. DeAngelis, Kenneth M. Edwards, Peter J. Elliott, Jack E. Farrell, Aidan W. Fenton, Charles M. Ferguson, Henry D. Ferguson, Ruby K. Flaherty, Benjamin T. Forman, Benjamin A. Garozzo, Joshua L. Heaney, Maxwell G. Herbison, Jensen D. Kohler, Thomas R. McCool, Caroline C. McGirt, Samuel P. Myles, Tucker J. Nee, Thomas W. O'Brien, Leo S. Oguntoyinbo, Jack M. Pearlson, Parker T. Polgar, Braden Poon, Marcus H. Sapuppo, Joshua B. Seiple, & Edward J. Thornton

Award Winner: Hulburd: Jack M. Pearlson

Kalkstein: Benjamin A. Garozzo



Boys Varsity Lacrosse

2023 Schedule and Results

Wed	03/22/2023	Lacrosse BV	St. John's Prep	H	3:00 PM				Phelps
Sat	03/25/2023	Lacrosse BV	Governor's Academy	H	1:00 PM	10-9	W		Phelps
Wed	03/29/2023	Lacrosse BV	Brooks	A	3:00 PM	15-4	W		
Sat	04/01/2023	Lacrosse BV	Hotchkiss	A	2:30 PM	9-14		L	
Wed	04/05/2023	Lacrosse BV	Middlesex	H	5:00 PM	10-11		L	Phelps
Sat	04/08/2023	Lacrosse BV	Taft	H	4:00 PM	4-24		L	Phelps
Wed	04/12/2023	Lacrosse BV	N.M.H.	A	3:45 PM	14-9	W		
Sat	04/15/2023	Lacrosse BV	Proctor	H	5:00 PM	8-7	W		Phelps
Wed	04/19/2023	Lacrosse BV	Austin Prep	H	5:30 PM	10-8	W		Phelps
Sat	04/22/2023	Lacrosse BV	Choate	A	3:30 PM	7-12		L	
Wed	04/26/2023	Lacrosse BV	Holderness	A	3:45 PM	5-14		L	
Sat	04/29/2023	Lacrosse BV	Deerfield	H	2:30 PM	17-6	W		Phelps
Wed	05/03/2023	Lacrosse BV	New Hampton	A	4:15 PM	5-8		L	
Sat	05/06/2023	Lacrosse BV	Loomis	A	6:15 PM	1-15		L	
Wed	05/10/2023	Lacrosse BV	St. Paul's	A	4:00 PM	10-9	W		
Sat	05/13/2023	Lacrosse BV	Pomfret	A	1:30 PM	13-11	W		
Wed	05/17/2023	Lacrosse BV	Dexter Southfield School	H	5:15 PM	10-13		L	Phelps
Sat	05/20/2023	Lacrosse BV	Berkshire School	H	4:00 PM	4-8		L	Phelps
Wed	05/24/2023	Lacrosse BV	Pingree	H	4:30 PM	7-8		L	Phelps
Sat	05/27/2023	Lacrosse BV	Exeter	A	3:00 PM	6-15		L	

Boys Varsity Lacrosse

2023 Roster

<u>No.</u>	<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
1	Logan M. Cove	2024	Derry, NH
2	Jensen D. Kohler	2025	Cambridge, NY
3	Parker T. Polgar	2023	Westport, MA
4	Marcus H. Sapuppo	2023	Cambridge, MA
5	Braden Poon	2023	Los Angeles, CA
6	Joshua L. Heaney	2024	Glastonbury, CT
7	Leo S. Oguntoyinbo	2025	Hillsborough, NC
8	Mason N. Carlow	2023	Plymouth, MA
10	Maxwell G. Herbison	2025	Pittsford, NY
11	Kenneth M. Edwards	2023	Rochester, NY
12	Luke A. DeAngelis	2025	Holmdel, NJ
13	Benjamin T. Forman	2023	Washington Depot, CT
14	Charles M. Ferguson *	2023	Branford, CT
15	Benjamin A. Garozzo *	2023	Sudbury, MA
16	Samuel P. Myles	2024	Westborough, MA
18	Joshua B. Seiple	2023	Marion, MA
19	John D. Bainbridge	2024	McLean, VA
20	Whyett E. Benn	2024	Flower Mound, TX
21	Thomas R. McCool	2025	Rancho Santa Fe, CA
22	Edward J. Thornton	2024	Ridgewood, NJ
23	Aidan W. Fenton *	2023	Andover, MA
24	Peter J. Elliott	2024	Wallingford, CT
25	Henry D. Ferguson	2025	Branford, CT
26	Jack E. Farrell	2026	Reading, MA
27	Tucker J. Nee	2023	Boxford, MA
29	Jack M. Pearlson	2023	North Andover, MA
30	Thomas W. O'Brien	2023	Reading, MA

*Captain

Coach: James Beaudoin

Assistant Coaches: Martha Fenton, & Chase Chamberlin

Managers: Isabella Alvarez Martinez, Isabelle Brown, Nishani Clarke,
Ruby Flaherty, & Caroline Mc Girt

Boys Varsity Lacrosse In The News

Boys Lacrosse Fights Tough Battle in Home-Opening Scrimmage Against St. John's Prep

On Wednesday, Boys Lacrosse tied 4-4 in a scrimmage against St. John's Prep. The team used this first scrimmage as a way to test its ability and create a base to improve upon.

The team had the chance to play together during preseason at a Spring Break camp in Mesa, Arizona, guided by a talented external coaching staff. In addition to that, Jack Pearlson '23 noted how helpful it was to learn how to play together as a team.

"We got a lot of good hours, which is really what we need, and just keep getting a feel for how we play. There's some really great coaching out there too. [The camp] hires a few really, really good all-pro guys who come in, and they'll do stuff with each team, so that was really great, and in conjunction with our coaching staff, to really figure out who we are going to be as a team this year is just going along really nicely," said Pearlson.

Preseason gave the team the opportunity to identify potential weaknesses and improve them before the first scrimmage. Max Herbison '25 listed many things that he saw had improved between preseason and the Wednesday scrimmage.

"I thought our stick skills were a lot better to start off with, and there were less unforced errors as the game went out. I thought we had better ball movement. And we were talking throughout the place, instead of playing like a one man game," said Herbison.

Leading up to this game, the team worked on connecting and learning how to play together in a game setting. Charlie Ferguson '23 mentioned technical aspects of the game that were vital.

"The biggest thing we focused on was just getting chemistry down and working together and seeing how we can match because we have a lot of new pieces this year. Another big thing was possessions, clearing the ball, riding those aspects of the game. We knew those would be really important to secure valuable possessions and finish when we can, so I'd say those were the main keys to the game," said Ferguson.

Despite not having a big group, the team has already come together to push each other and themselves.

According to Pearlson, after preseason, the team was successful in translating things they worked on there into the scrimmage, and it's already clear how motivated everyone is to make the most out of the season.

"It's pretty early to tell. I think we did a really good job of implementing the stuff we wanted to implement. Yeah, we did a good job doing that. I just really like to see everyone getting after it. We didn't have a lot of guys in Arizona, we're not really gonna have as many this year. Everyone's getting involved, and everyone's pushing the tempo trying to get minutes on the field, which is really, really great to see. That means everyone's pushing each other and everyone's gonna get better," said Pearlson.

Looking forward, the team hopes to continue building off of the strong baseline they set at the scrimmage. Ferguson shared that the team will continue to prepare for skilled teams and work on weaknesses as they come.

"I think we're just going to continue working on what we can. We're going to review the film, see what we could do better from today. But we're not going to change much. It's just repetition, and focusing on whatever weaknesses we can identify as they come off because we're definitely not satisfied with whatever result was today. We really just have to prepare for this season and expect a lot of talented teams that we're gonna go up against and know we have to play better than them," said Ferguson.

Boys Lacrosse will play Governor's at home on Saturday at 1:00 p.m.

Angie Lucia
Mar 24, 2023

Boys Lacrosse Wins Season Opener in Overtime



A shot from ten yards out by Co-Captain Charlie Ferguson '23 bounced through the legs of the opposing goalie, serving as Andover Boys Lacrosse's overtime game-winner against Governor's on Saturday. The team ultimately won 10-9. In preparation for its season opener, the team worked on ground balls, which had been a major issue in their scrimmage against St. John's Prep the previous, according to Max Herbison '25. Herbison noticed that the emphasis on ground balls paid off, as the team was able to maintain better control of the ball throughout the game.

"[We were] working on stick skills [and] it looked a lot better in the game compared to the scrimmage and we had less errors in that area. We also scouted the goalie before the game, so everybody knew to shoot low on the goalie which helped us," said Herbison.

Leo Oguntinyinbo '25 described other preparations the team made for Saturday's game. Overall, the team worked on increasing speed of play.



"During practice, we practice a lot of clears and a lot of rides. We practice man-on-man defense, we practice a lot of sliding [and] our white defense. We also, we practice some team offense, moving our feet, moving our sticks," said Oguntinyinbo.

According to Herbison, the teamwork on Saturday was evident, with teammates on both sides of the play making contributions.

"Strengths were ball movement. We played more as a team. We were moving the ball a lot more assisted goals than the scrimmage. One weakness we still have is clearing. We still struggled on the clearing in the beginning. Good thing Ben

[Garazo '23] came up big and made a lot of stops. And then another strength was face-offs. We went over 50 percent with Jack Perlson [23], and that hasn't happened in a lot of the past games, especially last year," said Herbison.

On Wednesday, the team returned to defeat Brooks 14-5 in its second game of the season. Hank Ferguson '25 commented on the full-team effort against Brooks.

"Some of the strengths today were defense. We were able to work together really well. We put in a bunch of goals. And we were able to rotate every player into the game and everyone got time which was great," said Ferguson.



Tommy McCool '25 noted that the team was still working on its offensive power on Wednesday, despite the major lead.

"A few of the things the team needed to work on were ground balls and because we lost a lot of those to the other team. I think finishing, too. They had a great goalie and we didn't finish the ball in the first quarter but after that we had success after that," McCool said.

Andover Boys Lacrosse will face Hotchkiss away this Saturday and Middlesex at

home on Monday.

Meg Stineman
Mar 31, 2023

Cool, Calm, and Collected: Head Coach James Beaudoin Preaches Positivity



Andover Boys Lacrosse Head Coach James Beaudoin leads the team with an emphasis on positivity. In his years at Andover, Beaudoin has coached 14 All-Americans and six Academic All-Americans.

“We call it ropes and bricks. So if they throw a rope, they pull their teammate back up, but if they throw a brick like, ‘I can’t believe you did that,’ then that player gets even worse. We like to throw a lot more ropes than bricks,” said Beaudoin.

With positivity as the team’s guiding principle, Co-Captain Ben Garazzo ’23 found a new approach to the contact sport.

“I’ve learned that lacrosse doesn’t need to be a super angry and aggressive sport. I think that you can love the people that you’re playing with, and I think that he’s taught me that,” said Garazzo.

As a coach, Beaudoin must set expectations for the players on his team. For Beaudoin, he values players who are positive, engaged, and willing to take advice and criticism.

“Within our coaching staff we like to be open and honest as much as possible, and I think the players understand that the things we’re saying are to improve their overall game and to help them get into a better college, or just improve a few skills for them for the next game,” said Beaudoin.

Nishani Clarke ’23, a manager for Boys Lacrosse, detailed how Beaudoin appears on the sidelines during games. Beaudoin remains calm even under pressure, which is something Clarke finds impressive.

“From what I can see, he keeps his cool. He’s very calm and collected which I admire a lot because as the coach you’re very involved in the game. So it’s easy to get annoyed at certain ref calls. But I would say he keeps his calm for the most part but during the time-outs and stuff. The pep-talks seem very motivating,” said Clarke.

Beudoin has noticed a strong chemistry within his players this season. Although the team has suffered various injuries, Beaudoin hopes his players can return healthy and looks forward to the Andover/Exeter game that concludes the team’s regular season.

“We’ve gotten some injuries and I think the kids have come together to keep the next person ready in that position. So I’m really excited about that. There’s a lot of positivity this year as well, I think it’s a group that’s really bonding on and off the field,” said Beaudoin.

With only half of the spring season remaining, Beaudoin acknowledges the limited time that teammates have left with each other. Beaudoin is eager to see how much the team can grow, especially the Seniors, in the final weeks of the season.

“We’ve got about five weeks left, and I think we’ve got about 13 Seniors, so I’m just looking forward to every single day with those kids before they move on to college, college lacrosse, or just college in general, or their life after that. I think the Spring Season can be very short, so we’re trying to cherish all those days that we have with them,” said Beaudoin.

Sophia Cratty
Apr 28, 2023

Co-Captain Ben Garozzo ’23 Builds Trust and Inclusivity



When Boys Lacrosse Captain Ben Garozzo ’23 first felt the sense of connectedness within a team all striving to achieve the common goal of winning, lacrosse became his favorite sport. Garozzo, the goalie of the team, has a unique perspective of the whole field which he uses to mentor his teammates.

Garozzo uses what he learned from his previous captains to guide his leadership. He mentioned how important it is for the upperclassmen to connect with the lowerclassmen to mentor them and make them feel a part of the team.

“The biggest thing on the team that I try to emphasize is, at least for the older guys, is to be there for the younger guys because you know how much power an older guy has, how much influence they have. I think a lot of people don’t realize that when you’re in the position, but I think that in my role of being a captain, I

have tried to realize that more because I remember looking back at my first captains and I remember them so vividly and everything they said to me. I remember I took everything they said super seriously and that really impacts the way I am a captain,” said Garozzo.

According to Co-Captain Charlie Ferguson '23, Garozzo's goalie skills are vital to the team. He also noted Garozzo's vocal leadership style.

“Ben's a really solid goalie for us. He has kept us in a lot of games and he's a really valuable asset for our team. He's also a loud leader, who's really passionate out there,” said Ferguson.

When discussing what he does to build a healthy team culture, Garozzo highlighted the importance of trust. He shared how necessary it is for the older members of the team to connect with the younger ones to create both an inclusive and trusting environment.

“[To connect the team, I] organize stuff for the team, like team dinners, but in general, just not being a stranger to the younger guys. I think that's the biggest thing. I think sometimes there can be a divide between the older people because they've been there for so long. They're already boys, they're already friends. It's important that you include everyone, so that at the end of the day, you can trust your teammates to do anything for you. I think that's what that kind of culture builds,” said Garozzo.

Coach James Beaudoin highlighted how important Garozzo's ability to stay focused during a game is and how it translates into his leadership. Garozzo is able to get the team excited while also keeping them centered.

“Ben doesn't get too high or too low, which is the ideal for a goalie. You don't want someone who freaks out every time you get scored on or gets too excited with one save. You want them to be a little bit even with small ups and downs. And I think that's the kind of the way he leads as well as making sure the team isn't getting too crazy one way or the other and making sure they're focused. Just like he is at every play,” said Beaudoin.

Teammate Josh Heaney '24 noted how much of an energetic force Garozzo is on the team. Heaney also emphasized his ability to be vocal and lift the team up.

“Ben's great. Ben's like the soul of our team. He's got the most energy. And that kind of comes with being a goalie, the goalie's got to be one of the loudest players on the field and he definitely is. And the whole team just kind of radiates his energy when he's having a good game, the team's having a good game, and that's another thing that you want from a captain,” said Heaney.

Garozzo has the advantage of being an experienced player who has played with many different types of athletes, which he uses along with his knowledge as a goalie to lead the team. With this viewpoint, he is able to specifically help players from all different positions excel.

“Being goalie, I kind of have a lot of experience just from playing and from observing for so long. And also, this is my fifth year of high school, so I've seen a lot of lacrosse players. I think that especially the offensive guys shooting, I feel I help them out a lot with that because obviously I know what shots are gonna go in on me, so if they're gonna go in on me I feel that I can help them score on other goalies as well. I try to give them advice in that way. And then for the defense, mostly just I want us to be a unit, and I want us to be a tight group of people, so I always try and give feedback that is constructive and helps everyone realize that they're a part of a machine, not just an individual,” said Garozzo.

Angie Lucia
Apr 28, 2023

Co-Captain Charlie Ferguson Leads with Strategy and Skill



Co-Captain Charlie Ferguson '23 serves as a dominant midfielder for Andover Boys Lacrosse. Through his extensive knowledge of the sport, Ferguson takes the lead on the offense, strategizing ways to create space for his teammates. His support and guidance to younger players helps him bring the team together.

Ferguson started his lacrosse journey in his backyard at the age of five. His father introduced him to the sport, leading him to play in travel teams and club teams every summer before coming back to campus each year. According to Ferguson, his favorite part of the sport is the creative liberty.

"I've just always enjoyed the game. I think it's a game where you can be really creative. And it can be so different, depending on the people you have out there on the field. So I've just enjoyed finding what I can do best, and developing that skill set," said Ferguson.

Ferguson's years of experience makes him a multi-faceted player, according to Josh Heaney '24. As a weapon on offense, Ferguson leads the attackers and midfielders and helps direct the younger players.

Heaney said, "Charlie has been playing lacrosse for so long that he just knows the sport. So any time I'm talking to [the] coach about something with the offense, we always want Charlie there. And any time we're on the field and some of the younger guys might not know exactly what they're doing, Charlie's there to get them to where they need to be. And he does a very good job of pushing us to be like the best players that we can be on the field."

Head Coach James Beaudoin described Ferguson as an offensive playmaker. He helps his teammates strategize ways to create more space and scoring opportunities.

"I think Charlie is more of an offensive mind. He's always thinking about how the offense can better accomplish movement to attain their goals, to get kids open. And so I think Charlie, his mindset is really focused on making sure that kids are moving in the right direction, making sure that they're understanding their roles on offense that's a little bit more organized," said Coach Beaudoin.

With his final season with Andover coming to an end, Ferguson hopes to win against Phillips Exeter Academy (Exeter), while providing support for the new players.

"I'd say, goals for the team [is] obviously to win as many games as possible, to win every game. But the biggest game is Exeter and that's the goal for the season right now, it's all leading up to Exeter. [My] personal goal [is] just to be a resource for younger players, every player on the team. [And] play to the best of my ability and produce the most that I can with my skill set," said Ferguson.

Aside from leading his teammates with his personality, Ferguson's on-field qualities, like sharp shooting and offensive plays, make him a key player.

Ferguson said, "I'd say my on the field skills would be being a shooter, off ball movement, and IQ. Those are probably the attributes that I pride myself most in. Producing offense in those ways, and being an off ball threat and step down shooter."

Heaney shared similar sentiments to Ferguson, highlighting his shooting skills. This season, Ferguson has been averaging 1.6 goals per game.

"Charlie's got a great overhand step down shot. I know in a lot of today's lacrosse and a lot of our team, it's a lot of fancier shooting for high corners, but his shot is very effective and they're high percentage," said Heaney.

Amidst playing, Ferguson faced an injury that cut his 2021-2022 season short. After surgery and recovery, Ferguson has started this season with 16 goals in the last ten games.

Ferguson said, "I dislocated my knee cap three times last year and then [got] surgery in the summer. So it was a big goal of mine to get to the best playing shape that I could and to focus on my knee while also continuing to improve my skills. So it's definitely been a big obstacle, but I think with time and rehab, I'm getting better."

Heaney noted Ferguson's perseverance after returning from his injury. Beyond on-field contributions, Ferguson's leadership pushes the team to grow in different ways.

Heaney said, "He's been playing longer than pretty much everyone on the team. He knows the ins and outs of the sport and he came off with an injury that he suffered last season. So he's been getting back into the swing and he's been having a great season, not just as a player, but also guiding the rest of the team who maybe haven't been playing as long and he's just been a great offensive presence for us."

Ferguson will continue playing lacrosse in Division III at Trinity College.

Girls Varsity Lacrosse

2023

Coach: Heidi Wall

Assistant Coaches: Taylor Ware

Captains: Grace D. Hammond & Kiera A. Reidy

Managers: Elliot Chung & George Ryckman

Overall Season Record

Win	Loss	Tie
17	4	0

Letter Winners: Lola M. Aguirre, Quiana C. Bell, Lucy Booth, Maren F. Boyle, Molly A. Boyle, Elliot H. Chung, Charleston A. Drouin, Shea R. Freda, Grace D. Hammond, Lauren E. Herlihy, Kennedy Herndon, Carly M. Hopkins, Dylan E. Kayser, Peyton A. Kennedy, Kathaleen M. McCool, Ellie Parker, Lucy E. Parker, Sarah Powers, Kiera A. Reidy, Siobhan E. Reidy, Elisabeth L. Rourke, George H. Ryckman, Neicia C. Smith, & Caroline F. Young

Award Winner: Lux Lacrosse Trophy – Kiera A. Reidy



Girls Varsity Lacrosse

2023 Schedule and Results

Sat	03/25/2023	Lacrosse GV	Lexington HS	A	8:28 AM	SC			
Wed	03/29/2023	Lacrosse GV	Austin Prep	A	4:30 PM	15-5	W		
Sat	04/01/2023	Lacrosse GV	New Hampton	A	3:30 PM	14-5	W		
Wed	04/05/2023	Lacrosse GV	Middlesex	H	3:00 PM	4-8		L	Phelps
Sat	04/08/2023	Lacrosse GV	Groton	H	2:15 PM	12-11	W		Phelps
Mon	04/10/2023	Lacrosse GV	Noble & Greenough	H	4:45 PM	9-11		L	Phelps
Wed	04/12/2023	Lacrosse GV	Deerfield	H	4:00 PM	11-9	W		Phelps
Sat	04/15/2023	Lacrosse GV	Pingree	A	3:15 PM	12-11	W		
Wed	04/19/2023	Lacrosse GV	St. Paul's	H	3:30 PM	10-4	W		Phelps
Sat	04/22/2023	Lacrosse GV	Choate	A	2:00 PM	18-4	W		
Wed	04/26/2023	Lacrosse GV	N.M.H.	A	4:00 PM	11-5	W		
Fri	04/28/2023	Lacrosse GV	Dexter Southfield School	H	4:00 PM	8-9		L	Phelps
Sat	04/29/2023	Lacrosse GV	Brewster Academy	A	2:30 PM	20-7	W		
Wed	05/03/2023	Lacrosse GV	Governor's Academy	A	3:00 PM	17-11	W		
Sat	05/06/2023	Lacrosse GV	Rivers	H	3:00 PM	11-5	W		Phelps
Wed	05/10/2023	Lacrosse GV	Milton	A	4:30 PM	12-10	W		
Sat	05/13/2023	Lacrosse GV	Loomis	H	5:00 PM	16-6	W		Phelps
Wed	05/17/2023	Lacrosse GV	Thayer	H	3:30 PM	17-5	W		Phelps
Sat	05/20/2023	Lacrosse GV	Prep Cup vs SPS	A	1:00 PM	16-11	W		Dexter 2023
Sun	05/21/2023	Lacrosse GV	Prep Cup vs DS	A	9:30 AM	9-16		L	Dexter 2023
Wed	05/24/2023	Lacrosse GV	Brooks	H	2:45 PM	17-9	W		Phelps
Fri	05/26/2023	Lacrosse GV	Exeter	A	4:45 PM	13-7	W		

Girls Varsity Lacrosse

2023 Roster

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
	Dylan E. Kayser	2023	Corte Madera, CA
1	Kennedy Herndon	2023	Minneapolis, MN
2	Siobhan E. Reidy	2023	Scituate, MA
3	Kiera A. Reidy *	2023	Scituate, MA
4	Shea R. Freda	2024	Lexington, MA
5	Lucy E. Parker	2026	Andover, MA
7	Neicia C. Smith	2025	Watertown, NY
8	Lucy Booth	2023	Berkeley, CA
9	Peyton A. Kennedy	2025	Sudbury, MA
10	Carly M. Hopkins	2024	North Andover, MA
11	Grace D. Hammond *	2023	Andover, MA
12	Caroline F. Young	2026	Reading, MA
14	Elisabeth L. Rourke	2023	Wellesley, MA
15	Charleston A. Drouin	2025	North Andover, MA
16	Sarah Powers	2026	Lynnfield, MA
17	Lauren E. Herlihy	2025	Reading, MA
18	Kathaleen M. McCool	2023	Rancho Santa Fe, CA
19	Lola M. Aguirre	2026	Barrington, RI
20	Quiana C. Bell	2026	Lowell, MA
21	Ellie Parker	2025	Andover, MA
24	Maren F. Boyle	2026	Scituate, MA
30	Molly A. Boyle	2025	Scituate, MA
			*Captain

Coach: Heidi Wall

Assistant Coach: Taylor Ware, Rowena Schenck

Managers: Elliot Chung & George Ryckman

Girls Varsity Lacrosse

In The News

Girls Lacrosse Opens Season With Win Over New Hampton, Loss to Middlesex



Andover Girls Lacrosse went 1-1 to open its season, defeating New Hampton 14-5 and losing to Middlesex 8-4.

Quiana Bell '26 highlighted some of the key components and players in Saturday's game against New Hampton. The beginning-of-season energy was a confidence booster for Andover in its first official game of the season.

"Our team's shining moment that helped elevate our score and our cohesiveness as a team was the draw. Just a big shout-out to everyone who was on the circle. It was [Co-Captain] Grace Hammond ['23], Lauren Herlihy ['25], Neicia Smith ['25], and Shea Freda ['24], and they really dominated the draw control. That really helped boost our team's confidence in the beginning of the game, when we were tied. And then I think our transitions, as well as our defensive work looked really good [too]," said Bell.

Bell continued, describing the play that served as the foundation for Saturday's game. Bell noticed teammates becoming increasingly more comfortable with one another as the game went on.

"We played a 'backer,' which is basically when one person is behind the ball, so there's basically always a double-on-ball. So the communication had to be really good between the defenders and [midfielders], talking about who had the ball, who was sliding, who had two [players]. I think as the game progressed, we got a lot better and better at that, and just communicating with each other and communicating between all the different sides of the field," said Bell.



In an email to The Phillipian, Head Coach Heidi Wall '94 described how there were both positives and negatives to take from Wednesday's game against Middlesex. Andover was ultimately overpowered after several penalties that broke the team's initially strong defensive line.

"Some calls didn't go our way and we ended up having to play a player down for six minutes of the game. That made it tougher than it needed to be. Middlesex was able to capitalize on those situations, and then again at the end when we needed to try and get the ball back. We are

excited to learn from the game and come back ready for the next. Molly Boyle ['25] played her first game ever as a lacrosse goalie and came up big with six saves. We are so proud of her," wrote Wall. Hammond detailed aspects that Andover looks to improve upon heading into its game against Groton.

"For this next upcoming week, we're going to be working on our offense. Working together to make sure we're generating stuff on the attacking end and working to solidify our plays. [Also] build team confidence and a good atmosphere. Our defense really did very well today, which I think is something I think we can be very proud of," said Hammond.

Andover Girls Lacrosse will host Groton on Saturday, Noble & Greenough on Monday, and Deerfield on Wednesday.

Sophia Cratty
Apr 7, 2023

Small Moments Make the Difference for Girls Lacrosse in Tight Games



Led by crucial saves from goalie Molly Boyle '25, Andover Girls Lacrosse was able to fend off Deerfield in a close game, winning 11-9 on Wednesday. Prior to the game against Deerfield, Andover defeated Groton 12-11 on Saturday, and lost on Monday to Noble and Greenough (Nobles), 9-11. Andover's record now stands at 3-2.

Quiana Bell '26 highlighted Andover's ability to bounce back after a defeat, coming up with a victory against Groton. Despite falling behind early in the game, the team was able to pick up its energy and come back for the win.

Bell said, "I think that our game went really well. A huge factor of that was actually because of our loss on Wednesday. We all wanted to return from that loss with more energy and worked together to achieve that win. I think we just wanted to prove ourselves as a team and see what we were capable of. The game was slow to start, with not much communication on defense, but as we grew more confident as a team we began to see the changes in energy, ball movement, ground ball pick-ups, and our connectedness as a team."



Bell added that communication in the defensive half of the field is something that the team should pay special attention to.

"I think a big thing our team needs to improve on is our communication and trust in each other. Specifically defense, I felt like we were too quiet and apprehensive, sitting back instead of challenging the ball or the attacker. Our communication and volume increased throughout the game, but I think it's important to reach that intensity level early on," said Bell.

In the game against Nobles, Peyton Kennedy '25 believes that the loss was due to the team's lack of focus. Given how close the game was, the result ultimately came down to a few small moments, and Andover's lack of attention to detail led to defeat.

Kennedy said, "We have been playing really close games and we could work on being smarter and recognizing the position we are in. Whether it's where we are winning by a point or two, and we need to hold the ball, or we're losing and need to double the ball on defense to get it back."

Ellie Parker '25 felt that the win against Deerfield was because of a strong performance from Boyle, who made critical saves down the stretch to give Andover the win.



Parker said, "Molly Boyle played great in net, she stayed very composed and came up with big saves."

Ultimately, Bell believed the best part of the game was the outstanding flow of energy from the sidelines and support from the team. She felt the constant encouragement from her teammates kept her motivated and determined to play at her best.

"One thing that stood out to me was the overall energy from the sideline.

They would celebrate every victory, even a small one. Every single person was so supportive of the team, which added so much to the atmosphere," said Bell. Andover's next game is away on Saturday against Pingree.

Evan Curtin
Apr 14, 2023

Girls Lacrosse Uses Strong Team Dynamic to Defeat Choate and NMH

This past Saturday, Girls Lacrosse played Choate away, winning 18-4. The team then went on to play at Northfield Mount Hermon (NMH), beating the team 11-5.

Leading up to the games, the team worked on improving all of its positions. Co-Captain Kiera Reidy '23 noted how well the team implemented what they were working on in practices into the game.

"We run a special defensive system, you can call it. It's called the backer, and we've been working on that in practice a lot just because it's really nice to practice if you have a strong defensive unit, which we do. So we were working on that. We've also been working on our plays and riding the ball. So when the other team saves a shot, our attack will redefend, so it's called a ride. We've been doing

a really good job with that. So I'd definitely say the ride has been one of our strengths and definitely draw possession. Our midfielders have been great. Special, shout out to Shea Freda [24]. She is a beast on the draws," said Reidy.

Lauren Herlihy '25 shared similar thoughts about the team using what it worked on in practice during the game. She also commented on how the team worked together as one unit.

"For Choate, I feel like it was like a really, really good team win. We really worked out, we really worked well together, and I feel like all the different drills we were doing in practice really benefited us in the game. Kate [McCool '23] did an amazing job on defense and helping all the defense, we were really organized, and everyone overall worked really well together," said Herlihy.

Lola Aguirre '26 highlighted the team's ability to still play its best despite being in the lead for most of the game. She noted how she believes it will prepare them for potentially more challenging games in the future.

"Definitely teamwork, sharing the ball, don't be selfish... and then another thing was just like trying our hardest. Seeing that we were up all of the game, we always fought, and that definitely will prepare us for our other games where the competition will be [stronger]," said Aguirre.

According to Quiana Bell '26, the team's transitions and defense were impressive. They were able to implement the plays in Saturday and Wednesday's games, excelling specifically at transitions.

"Our transitions [was one of our strengths], like if we lost the ball in our attacking, and the redefend was really good. We would cause turnovers while we were riding before they got down to our defensive end, which was good. And then our defense just looked good too," said Bell.

Bell credited some of the team's impressive performance to the team dynamic. Team bonding activities have built trust within the team, connecting both lower and upperclassmen.

"We do team dinners every night, and I think we all enjoy being around each other. We all talk to each other. It doesn't feel like it's clique-y with the upperclassmen and lowerclassmen. I think we all see each other as our friends who we can talk to and we just really trust each other with that. So I think that just was like, what kind of led to our success," said Bell.

Reidy shared that the games against Choate and NMH were good opportunities to play together as a team. With two more games this week, Reidy noted areas the team will be working on to prepare.

"Our opponents weren't the strongest we've seen so far in the season. So it was a really good time to work on our plays and defensive strategies, and just really practice as a group. I think plays will definitely be worked on in this upcoming week. We have two more games, one Friday and [one] Saturday. So I definitely think shot selection, play running, and I also just think it's practice makes perfect for defense and communication," said Reidy.

Girls Lacrosse will be playing Dexter Southfield School on Friday.

Angie Lucia
Apr 28, 2023

Head Coach Heidi Wall '94 Instills Confidence and Prioritizes Communication In Girls Lacrosse



Girls Lacrosse Head Coach Heidi Wall '94 leads her team with experience and passion. Through meeting one-on-one with players and creating a detailed practice plan, Wall seeks to improve the team through individual connections and communication.

During her time at Andover, Wall was a tri-sport athlete at Andover. She went on to play Division III Lacrosse at Amherst College, where she received both academic and regional All-American honors and led her team to its first Eastern College Athletic Conference title (ECAC).

Wall said, "I started playing lacrosse here and I was a four year starter at Amherst. I broke the all time scoring record when I was there. I was a Captain in my Senior year, an All-American. The Amherst team won the ECAC championship twice when I was on the team, my junior and senior year. And I think my playing experience was really positive in such a way that I was really excited about being able to get back to the sport as a coach."

Wall's coaching technique relies on feedback from the team, according to Charley Drouin '25. Through trial and error, Wall is able to find the best plays for the team dynamic.

"On the field she does a very good job of communicating her ideas, and her coaching style is probably one of my favorites. I would say just because she will set up new plays and she'll try to see what works best for us. And really tries to get us all to help each other out to set the play to score or to get the ground ball or to ride on attack, which I really like. And she'll pull individuals aside or a midfielder aside and she'll tell us what she would think would work best," said Drouin.

Regardless of the outcome, Wall remains optimistic and encourages the team with affirmative comments. Quiana Bell '26 emphasized how her approach uplifts the team and sets them to continue to grow.

"Coach [Wall] focuses a lot on the positives of the situation. I think she really just wants to see our growth as a team rather than like how many wins or losses we have. And she'll give us things to work on, but I feel like every single practice after every single game. She'll always start off her emails or when she talks to us with, 'This is what I think went really well. This is how you grew from like the last time we played.' And I actually think that helps boost our team's confidence," said Bell.

Through a "Buddy" system, Wall creates a supportive environment for the members of the team. She also sets up individual meetings with each player to reflect on their individual goals and progress.

"We've got the girls paired up with each other and thinking about supporting each other in their play [and] we've done a lot of goal setting. So I met with all the players to think about things that they wanted to be working on, ways that they could help contribute to the team's success. So we've done a lot of reflecting on things that each of us individually could be doing in order to better the team," said Wall.

Bell recalls her experience of goal-setting with Wall, where she was able to reflect and talk about ways to enhance her performance relative to the team.

"A couple of weeks ago, she had one-on-ones with all of us, which is something I've never really seen before with a coach. But she set up time to talk to us for 15 to 20 minutes each and just ask how we were feeling about the season, how we were feeling about each other, what we want to see from her as a coach... And I think that aspect just helps bring our team more together and become more cohesive because we all wanted the same goals," said Bell.

In 2019, coaches from St. Paul's, Phillips Exeter Academy (Exeter), Andover, and Lawrenceville came together and created the SEAL Cup in place for a Spring championship. Now, the SEAL Cup has been converted to the Prep Cup, with a total of eight teams. Wall hopes the Prep Cup can expand further in the future.

"As a group of coaches, we're just looking to try to continue to celebrate our teams together through playing lacrosse. So it's a way to build camaraderie. There will be college coaches there and our hope also is that eventually we can try to turn this into something bigger," said Wall.

Wall admires the athleticism and creativity involved in the game of lacrosse and hopes to share her passion for the sport with her team.

"I always hope to try to instill a love of the game, share my love of the game with my players and my team. And it's just so exciting to see how much lacrosse continues to grow and evolve as a sport... The players are able to do so much more, there's just so much amazing athleticism displayed. And I just love the game. It's such a game of speed and finesse and teamwork," said Wall.

Nabilah Nazar

May 5, 2023

Girls Lacrosse Co-Captain Kiera Reidy '23 Leads With Positivity, Passion, and Confidence



Girls Lacrosse Co-Captain Kiera Reidy '23 started playing lacrosse in the second grade. This turned into a combination of club and high school lacrosse at her local high school, before she came to Andover to play fall field hockey in the fall and spring lacrosse. Being a Co-Captain has allowed her to share her positive, motivating, kind, and compassionate leadership on a broader level.

Reidy described the balance between managing the responsibilities of being a Co-Captain and wanting to connect and have fun with your teammates.

“To me, there isn’t really any shift [from being a player to a Co-Captain]. I mean there are definitely more responsibilities and more things that I have to do and be aware of, but it definitely hasn’t changed the teammate I’ve always wanted to be and have been. If anything, it’s kind of just opened up my mind more to be extra mindful of how many of these younger kids are looking up to you. I had that before, but having this captain name also gives you all these responsibilities and pressures that you have to follow, which can be great but can also be taxing. As for the lacrosse team, they’ve been so good about it... I do think the biggest thing that was different is that you can have fun as a teammate, but as a captain, you can have the fun, but you also have to know that you are holding your team up,” said Reidy.

Teammate Charley Drouin '25 shared how confident of a leader Reidy is on the team. She noted Reidy’s passion for the sport and how inspiring it is to see.

“I would definitely say Kiera’s been very supportive all over the field and even off the field too. Her leadership qualities are something that I’ve really been inspired by just because she can take charge and she’s very confident, which is so great about her. Ever since I met her, her passion and drive has been one of her major qualities that everyone aspires to do on and off the field. And she always motivates us to be our best every single day,” said Drouin.

Quiana Bell '26 emphasized Reidy’s ability to connect the team through organizing get-togethers off the field and motivating people on the field. She also praised Reidy’s vocal positivity.

“Off the field, she does a really great job of hyping everyone up. She’ll cheer you on, she’ll give you pats on the back, and she’ll be the one to say, ‘Oh, team dinner tonight. Everyone better be there.’ And then on the field, whenever I have the ball I think her [voice] is the first one I always hear. I’ll always hear, ‘wheels, Q!’ And I feel like it’s like that for every single person. She’ll be the one yelling for you. She’ll always be the first one to [say], ‘Come on guys, we better talk, we better communicate on the field.’ So because I think her voice is just so loud and so positive that it really just strengthens the whole team and makes us want to perform,” said Reidy.

Reidy shared how her experience of not receiving positive feedback leads her to give her teammates plenty to motivate them. She also makes sure that underclassmen never doubt that they are just as valuable to the team as upperclassmen, helping to eliminate the divide between underclassmen and upperclassmen.

“I love to be positive and give positive comments because when I was younger, I wouldn’t get that and I’d only get negative comments and it made me feel [like] so less of myself and... like, well, I keep doing everything wrong. So my number one thing is to really try and hype up my teammates, especially the underclassmen to make them know that they have a voice. They made the team for a reason, they wouldn’t be here if they didn’t have the skills, if they didn’t have the I.Q.,” said Reidy. According to Co-Captain Grace Hammond '23, Reidy connects with each player on an individual level to check in with them personally. She assesses the type of motivation that is right for each person and works that into her leadership.

“She’s really good at talking to people individually. She’ll talk to the team as a group and motivate people, but I’d say that she really takes the time to talk to people individually and connect with everyone on a one-to-one basis and get to know people and motivate them through the way that is most effective for them,” said Hammond.

When asked about how she stays engaged with the sport and also keeps her teammates engaged at the same time, Reidy mentioned the importance of a bonded and supportive team. She strives to create a positive, trusting environment that her teammates are excited to be a part of.

"I honestly think it has nothing to do with the game, but about the team. If you're playing with a bunch of girls that you don't like, you don't wanna be around, that make you feel less about yourself, you're not gonna wanna be there and you're not gonna wanna play. But if you're on a team where everyone loves you, would go to the wall for you, would do anything — not necessarily outside of the field, but when you're on the field and you know that everyone has each other's back, [and] you see them all the time, it's like a family. It really is. And the more you make that this great, positive, kind environment, the more kids are gonna want to come and play and be there," said Reidy.

Angie Lucia
May 5, 2023

Co-Captain Grace Hammond '23: The "Heart and Soul" of Girls Lacrosse

Girls Lacrosse Co-Captain Grace Hammond '23 began lacrosse at a young age, when her parents started her in a program. Instantly falling in love with the sport, Hammond continued playing ever since then.



When Hammond became a Co-Captain, she knew that the importance of supporting her fellow teammates could not be understated. Especially with many new underclassmen players this season, Hammond and her fellow Co-Captain Kiera Reidy '23 decided to emphasize support and growth.

"Prior to coming into the season, Kiera and I really wanted everyone to feel confident. We graduated a lot of Seniors last year. So we wanted the underclassmen and people that were coming into more substantial roles on the team to feel confident. So we wanted, obviously, confidence to be a big thing on our team, that everyone felt respected and felt okay to make mistakes," said Hammond.

According to Lauren Herlihy '25, Hammond has shown the importance of working hard for what she wants. Herlihy plays two sports with Hammond, and her hard work and dedication in both sports are clear during both practices and meets.

Herlihy said, "As soon as I joined the lacrosse team last year, Grace was instantly my role model. I really look up to her. She does track too, I look up to her on the track and on the field. I think she just is a great example of what we stand for... For lacrosse, I think she really pushes me to be my best on the field and off the field and, trying to step up and be a leader myself. She's just an amazing leader and I feel like she is the heart and soul of our team."

Quiana Bell '26 appreciates Hammond's ability to maintain intensity while also enjoying time with her teammates. While Hammond gives her teammates feedback, she also jokes with them and is a friend.

Bell said, "During practice, if she's not being serious, she'll always joke with us. She'll laugh with us. When we're not in the drill and I just feel like it just shows that, yes, you can go hard, 100 percent. Yes, she coaches you during practice, [but] she is also there for you, as a Captain, as someone to talk to, which I feel [is] a really great quality."

Herlihy shared similar sentiments to Bell, adding how the entire team views Hammond a mentor. She feels that Hammond's feedback is extremely beneficial to the success of the team.

"I think Grace has a really good mix of being really caring for all her teammates but also giving us good constructive criticism on what we can do better on the field. I think she is definitely the person that everyone looks up to on the field...and [she] leads us to the games with all our energy and spirit going," said Herlihy.

Hammond looks forward to continuing her academic and athletic career at Tufts University next year.

Hammond said, “I’m going to go play the D-III level, which I think is a perfect balance for me. So I can focus on academics too and I’m excited just to go compete more. [Tufts] has been second in the national championship for the past three years, and so I want to come in and maybe try to win one.”

Meg Stineman
May 5, 2023

Girls Lacrosse Goes 1-1 at Prep Cup

In the annual Prep Cup, Andover Girls Lacrosse went 1-1, winning to St. Paul’s 16-11 and losing to Dexter Southfield 9-16. The Cup, held at Dexter Southfield from Friday to Sunday, also included Lawrenceville, Phillips Exeter Academy (Exeter), Sacred Heart, St. Paul’s, and Deerfield. Andover was down a significant number of players over the weekend, forcing teammates to adapt to new roles, according to Shea Freda ’24.

“Considering the circumstances we did play really well and a lot of people were able to step up and fill some shoes. Actually our JV goalie, Gracie Fagan ’24, played for us which was awesome and she did a great job filling the shoes of our goalie who wasn’t able to be there,” said Freda.

Co-Captain Lulu Rourke ’23 also stepped up in the tournament, according to Quiana Bell ’26. With Dexter Southfield’s draw taker standing at six feet tall, Andover faced difficulty maintaining possession throughout Sunday’s game.

“Our coach ended up putting Lulu on the draw. She plays defense usually and I think that was one of the big momentum changes. We still didn’t end up winning that game, but I feel like putting Lulu on the draw and having her speed and her aggressiveness and her ability to just like find those ground balls and scoop through them really helped motivate our team and just helped us build our confidence,” said Bell.

The team faced heavy rain in the game against St. Paul’s. Despite the poor weather conditions, the team rose to the challenge and showcased its persistence, according to Bell.

“We all felt super close to each other during that game. [We] all felt like a team... we all just had fun playing. Sure, we wanted the game to be over and get out of the rain, but I think it was kind of a rallying moment. Like, ‘What are we gonna do with this weather? How are we going to let that stop us? How are we going to push through that and keep supporting each other as a team?’ And so I just think that created a really fun little community in the rain on Saturday,” said Bell.

Charley Drouin ’25 expressed her excitement for the team’s final game of the regular season: the annual Andover/Exeter rivalry. Exeter enters the matchup with a 13-1-1 record, while Andover enters with a 15-4 record.

“Exeter has a lot of skill and a lot of talent and they are going to be a very strong team. But I think that our team is even stronger because we have just improved so much from the beginning of the year to the end. And I think that our plays have definitely become a big part of this team. And I think just working as a team and being there to support everyone will make a very big difference when we go to Exeter on Friday,” said Drouin.

Andover will play at Exeter on Friday.

Sophia Cratty
May 26, 2023

Varsity Softball

2023

Coach: Lindsay Maroney

Assistant Coaches: Caroline Engelmayer, Jenna Goldberg, & Georgia Rex

Captains: Kiley K. Buckley, Evalyn Lee, & Fallon A. O'Connor

Managers: Sophia Dandawa & Jack Swales

Overall Season Record

Win	Loss	Tie
17	4	0

2023 Big East Tournament Champions

Letter Winners: Leila N. Boesch-Powers, Keira M. Bruen, Emerson H. Buckley, Kiley K. Buckley, Rebecca E. Carballal, Angelique Ceballos Cardona, Nicole M. Celi, Sophie N. Dandawa, Ava B. Davey, Rihana M. Gomez, Madison E. Hugo, Evalyn Lee, Lauren E. Mahoney, Katherine R. Mangraviti, Olivia R. McManus, Maris L. Moody, Fallon A. O'Connor, Anaya A. Qamar, Isabelle A. Quito, Amanda C. Shim, Jack D. Swales, & Evie M. Wood

Award Winner: Wennik Award - Olivia R. McManus



Varsity Softball

2023 Schedule and Results

Wed	04/05/2023	Softball V	Academy Penguin Hall	H	3:15 PM	32-0	W		
Fri	04/07/2023	Softball V	Tilton	H	4:45 PM	6-0	W		Peter Drench
Sat	04/08/2023	Softball V	Austin Prep	H	2:30 PM	8-7	W		Peter Drench
Wed	04/12/2023	Softball V	Noble & Greenough	A	3:30 PM	5-3	W		
Fri	04/14/2023	Softball V	Governor's Academy	H	4:45 PM	18-3	W		Peter Drench
Wed	04/19/2023	Softball V	St. Paul's	H	3:30 PM	6-3	W		Peter Drench
Sat	04/22/2023	Softball V	North Reading HS	H	3:30 PM	8-5	W		Peter Drench
Wed	04/26/2023	Softball V	Concord-Carlisle	A	4:00 PM	10-7	W		
Sat	04/29/2023	Softball V	Austin Prep	A	2:30 PM	2-3/15-3	W	L	
Wed	05/03/2023	Softball V	Exeter	H	2:45 PM	9-4	W		Peter Drench
Fri	05/05/2023	Softball V	Cushing	A	5:00 PM	1-3		L	
Sat	05/06/2023	Softball V	Worcester	A	3:15 PM	9-10		L	
Wed	05/10/2023	Softball V	B. B. & N.	H	3:45 PM	8-0	W		Peter Drench
Fri	05/12/2023	Softball V	Lawrence Academy	A	4:45 PM	16-7	W		
Sat	05/13/2023	Softball V	Deerfield	A	3:00 PM	13-3	W		
Sat	05/20/2023	Softball V	Big East	H	9:00 AM	13-3/13-2	W,W		Peter Drench
Sun	05/21/2023	Softball V	Big East	H	9:00 AM	5-1	W		Peter Drench
Tue	05/23/2023	Softball V	Brooks	H	4:45 PM	0-2		L	
Sat	05/27/2023	Softball V	Exeter	A	2:00 PM	8-0	W		



Phillips Academy Softball 2023

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Position</u>	<u>Hometown</u>
2	Emerson H. Buckley	2025	IF	Methuen, MA
3	Evie M. Wood	2025	OF	Andover, MA
4	Amanda C. Shim	2025	OF	Vail, CO
5	Anaya A. Qamar	2026	IF, OF	Costa Mesa, CA
6	Madison E. Hugo	2025	C, OF	Boxford, MA
7	Evalyn Lee *	2023	OF	Vernon Hills, IL
8	Leila N. Boesch-Powers	2024	OF	Cambridge, MA
9	Fallon A. O'Connor *	2023	P, IF	Andover, MA
11	Angelique Ceballos Cardona	2025	IF, OF	Lawrence, MA
12	Keira M. Bruen	2026	IF	West Roxbury, MA
13	Lauren E. Mahoney	2023	P, 1B, OF	Andover, MA
14	Rebecca E. Carballal	2024	OF	New York, NY
15	Katherine R. Mangraviti	2023	OF	North Reading, MA
16	Kiley K. Buckley *	2023	IF	Methuen, MA
18	Olivia R. McManus	2023	OF, C	Winthrop, MA
19	Maris L. Moody	2024	IF, OF	North Andover, MA
20	Isabelle A. Quito	2025	OF	Ossining, NY
21	Rihana M. Gomez	2026	IF	Salem, NH
22	Nicole M. Celi	2023	IF, OF	Concord, MA
23	Ava B. Davey	2025	OF	Andover, MA
				* Captain

Coach: Lindsay Maroney

Assistant Coaches: Caroline Engelmayer, Jenna Goldberg, & Georgia Rex

Managers: Sophia Dandawa & Jack Swales

Varsity Softball Highlights

APRIL 5, 2023

Softball V vs Academy of Penguin Hall

ANDOVER SOFTBALL STARTS SEASON WITH A BANG

Big Blue bats took no time warming up on this cold April day, as the team collected 29 hits against Penguin Hall. Leading the charge was Nicole Celi '23 who notched 6 hits, including a monster home run, as well as 7 RBIs. Madison Hugo '25 collected 4 hits, while Kiley Buckley '23, Fallon O'Connor '23 and Lauren Mahoney '23 all had 3 hits apiece. Mahoney '23 also pitched a gem, only allowing 3 hits and 1 run over 5 innings.

APRIL 7, 2023

Softball GV vs Tilton

W 6-0

SOLID PITCHING AND TIMELY HITS LEAD ANDOVER TO VICTORY

Behind another dominant pitching performance, this time by Fallon O'Connor '23, Andover Softball secured its second victory of the season. O'Connor pitched a shutout, allowing only 4 hits and striking out 8, with solid defense in support. O'Connor also belted a 2-run home run to help her cause, while Kiley Buckley '23 provided a solo shot. Evalyn Lee '23, Nicole Celi '23, and Lauren Mahoney '23 all had hits on the day.

APRIL 8, 2023

Softball GV vs Austin Prep

W 8-7

ANDOVER HOLDS ON FOR GRITTY WIN

Andover jumped out to a 7-1 lead after two innings behind a grand slam by Nicole Celi '23 and a sole home run by Kiley Buckley '23. Despite the early lead, a tough and talented Austin Prep squad battled back to eventually tie the game 7-7 in the top of the 5th. Buckley, however, broke the tie with her second solo home run of the day in the bottom of the inning. Fallon O'Connor '23 closed out the game, coming in for Lauren Mahoney '23, who had a strong performance and a hit on the day. Evalyn Lee '23 and Angie Ceballos Cardona '25 also collected hits.

APRIL 12, 2023

Softball GV at Noble & Greenough

W 5-3

ANDOVER OUTLASTS NOBLES IN EXTRA INNINGS

In a hard fought contest that was tied after the 7th inning at 3-3, Andover collected two key runs in the 8th to secure a victory. Fallon O'Connor '23 struck out 9 over 8 innings, only allowing 3 runs, while also collecting 3 hits at the plate, including a pair of doubles. Nicole Celi '23 smashed two home runs, driving in 3 runs, before being intentionally walked twice. Evalyn Lee '23, Kiley Buckley '23 and Olivia McManus '23 all collected singles on the day.

APRIL 14, 2023

Softball GV vs Governor's Academy

W 18-3

OFFENSIVE POWER ON DISPLAY IN WIN VS. GOVS

Andover saw 4 different players hit 5 home runs in a dominant win. Fallon O'Connor '23 led the charge with a pair of home runs, Maris Moody '24 recorded a grand slam, and Kiley Buckley '23 and Liv McManus '23 also went deep. Emerson Buckley '25 collected 3 hits, including a double, while Angie Ceballos Cardona '25 and Rihana Gomez '26 had two hits apiece. Lauren Mahoney '23 was solid in the pitcher's circle, allowing 3 runs in 5 innings.

APRIL 19, 2023

Softball GV vs St. Paul's

W 6-3

BIG BLUE KEEPS ROLLING WITH BIG WIN VS. ST. PAUL'S

Strong pitching and key hits led to Big Blue picking up their 6th win of the season. Fallon O'Connor '23 pitched a solid game, striking out 11 and allowing only one earned run over 7 innings. Nicole Celi '23 led the way at the plate with a 2-run triple and solo home run, while Kiley Buckley '23 also collected 2 hits, including a 2-run home run. Angie Ceballos Cardona '25 had a pair of hits, including a double, Emerson Buckley '25 contributed with a triple, and Liv McManus '23 also had a hit on the day. Lauren Mahoney '23 picked up a key RBI in the 6th inning with a perfectly executed suicide squeeze bunt.

APRIL 22, 2023

Softball GV vs North Reading HS

W 8-5

BIG BLUE MOUNTS COMEBACK FOR 8-5 WIN VS. NORTH READING

Despite a slow start with the bats, Andover battled back from a 5-1 deficit to secure the 8-5 win. Fallon O'Connor '23 was 3-4 at the plate with a double and also closed the game with 3 shutout innings in the circle. Nicole Celi '23, Liv McManus '23, and Lauren Mahoney '23 all had 2 hits on the day, with McManus driving in 3 runs and Celi and Mahoney each driving in 2. Emerson Buckley '25, Kiley Buckley '23, and Evalyn Lee '23 all collected hits, as well.

APRIL 26, 2023

Softball GV at Concord-Carlisle

W 10-7

ANDOVER HOLDS ON FOR 10-7 WIN

Andover bats started strong, led by a 3-run home run by Nicole Celi '23 in the first inning and a 3-run home run by Fallon O'Connor '23 in the second inning. Lauren Mahoney '23 got the win and came up big at the plate with 3 hits, while Maris Moody '24 had a pair of hits and 3 RBIs. Evalyn Lee '23, Liv McManus '23, and Rihana Gomez '26 all collected hits on the day. Fallon O'Connor got the save, striking out 3 out of 4 batters faced.

APRIL 29, 2023

Softball GV at Austin Prep Double Header

ANDOVER SPLITS DOUBLEHEADER 2-3, 15-3

Behind two very strong starts from Fallon O'Connor '23, Andover only managed one win in the doubleheader vs. Austin Prep.

In the first game, Andover struggled to put much offense together against ace Alyx Rossi, only mustering 4 hits. They hurt their cause by giving up three unearned runs on costly errors, falling 3-2. Kiley Buckley '23 and Lauren Mahoney '23 each recorded a double, with Angie Ceballos Cardona '25 and Liv McManus '23 collecting singles.

The second game was a different story with offensive power on display in a 15-3 win. Fallon O'Connor put together another strong performance in the circle, while also blasting two home runs and a double, collecting 7 RBIs. Nicole Celi '23 had a 2-run homer, while Angie Ceballos Cardona and Maris Moody '24 each had a pair of hits on the day. Evalyn Lee '23, Kiley Buckley '23, Liv McManus and Lauren Mahoney all had hits, as well. Emerson Buckley '25 put on a clinic at second base, keeping the damage to a minimum with a handful of excellent plays.

MAY 3, 2023

Softball GV vs Exeter

W 9-4

BIG BLUE COMES FROM BEHIND IN 9-4 VICTORY

Despite being down 4-1 in the 5th inning, Andover bats came alive to stage a big comeback. Angie Ceballos Cardona '25 started the rally with a 2-run double, followed by a Kiley Buckley '23 2-run home run. The runs continued in the 6th inning with an RBI double by Liv McManus '23 and a bases loaded, 3-run double by Evalyn Lee '23 later that inning. The double for Lee was one of her 3 hits on the day. Fallon O'Connor '23 got the win in the circle, pitching 4 scoreless innings, and had 2 hits on the day. Maris Moody '24 also had a pair of hits.

MAY 5, 2023

Softball GV at Cushing Academy

L 1-3

ANDOVER FALLS SHORT TO CUSHING, 1-3

Despite Fallon O'Connor '23 pitching a great game, allowing 3 runs on 5 hits, Andover struggled to get any runs on the board. Although Big Blue collected 8 hits on the day, the sole run came from an RBI single by Lauren Mahoney '23 in the 6th inning, one of her two hits on the day. O'Connor also had a pair of hits, with Evalyn Lee '23, Kiley Buckley '23, and Emerson Buckley '25 tallying a hit apiece.

MAY 6, 2023

Softball GV at Worcester

L 9-10

ANDOVER FALLS IN EXTRAS TO WORCESTER, 9-10

Another tough game for Big Blue where the team fell just short. Fallon O'Connor '23 pitched well and was 2-5 with a pair of RBI, but the defense struggled in some key situations. Kiley Buckley '23 smashed a pair of home runs, knocking in 3 runs, and Evalyn Lee '23 contributed with a 2 hits and 3 runs scored. Emerson Buckley '25, Lauren Mahoney '23, Liv McManus '23 all had hits on the day, as well.

MAY 10, 2023

Softball GV vs B. B. & N.

W 8-0

ANDOVER BLANKS BB&N, 8-0

Behind a 4-hit, 8 strikeout, shutout by Fallon O'Connor '23, Andover bounced back with a win against BB&N. O'Connor also was a force at the plate, going 4-for-4 with 2 RBI. Liv McManus '23 had a pair of hits

on the day, while Nicole Celi '23 hit a 2-run home run. Evalyn Lee '23, Kiley Buckley '23, Emerson Buckley '25, and Rihana Gomez '26 also collected hits on the day.

MAY 12, 2023

Softball GV at Lawrence Academy

W 16-7

ANDOVER BATS TOO MUCH FOR LA, 16-7

In a contest with 16 hits, Andover had no shortage of hits with 11 on the day. Lauren Mahoney '23 got the win in the circle and helped her cause with a hit and RBI on the day. Kiley Buckley '23 had 3 hits on the day, including a solo home run in the first inning. Nicole Celi '23 and Maris Moody '24 each had a pair of hits on the day. Rihana Gomez '26 recorded her first home run of the season, with Fallon O'Connor '23 and Ava Davey '25 tallying a hit apiece.

MAY 13, 2023

Softball GV at Deerfield

W 13-3

ANDOVER BATS STAY HOT VS. DEERFIELD

Behind a 3-run home run by Nicole Celi '23 and a 2-run shot by Kiley Buckley '23, Andover stayed hot and got the win at Deerfield. Fallon O'Connor '23 pitched a great game, allowing only 2 hits and 0 earned runs through 5 innings, while collecting a pair of hits, including an RBI double. Emerson Buckley '25 had 2 hits and 2 RBI on the day. Evalyn Lee '23, Angie Ceballos Cardona '25, Lauren Mahoney '23, Maris Moody '24, and Evie Wood '25 all had hits on the day, as well.

MAY 21, 2023

GV Softball vs St. Paul's - Big East Tournament Championship

W 5-1

ANDOVER TOPS ST. PAUL'S IN BIG EAST CHAMPIONSHIP

Finishing out the weekend a perfect 4-0, Andover Softball captured the 2023 Big East Championship. Fallon O'Connor '23 took home the MVP award, going 6-for-11 with 2 home runs and 8 RBI, while also going 3-0 in the circle with a 1.40 ERA. Kiley Buckley '23 secured an All-Tournament nod going 6-for-10 with a pair of doubles and 8 runs scored. Lauren Mahoney '23 also made the All-Tournament team going 4-for-10 with 9 RBI and one win in the circle.

MAY 23, 2023

Softball GV vs Brooks

L 0-2

BIG BLUE BATS SILENCED BY BROOKS

Going against a strong Brooks team, Andover uncharacteristically faltered and struggled to get runners on base. Despite a strong pitching performance by Fallon O'Connor '23, yielding only 1 earned run, there wasn't any run support. The team only tallied 5 hits on the day, all singles, and they were by Evalyn Lee '23, Emerson Buckley '25, Kiley Buckley '23, Nicole Celi '23, and Maris Moody '24.

MAY 27, 2023

Softball GV at Exeter

W 8-0

BIG BLUE BLANKS EXETER IN SEASON FINALE, 8-0

Behind a combined 2-hit shutout by pitchers Lauren Mahoney '23 and Fallon O'Connor '23, Andover finished the 2023 season with an 18-4 record. Kiley Buckley '23 led the offensive charge with a pair of home runs and 6 RBI, while Nicole Celi '23 added a solo shot of her own. Evalyn Lee '23 was 3-4 with an RBI, Katie Mangraviti '23 reached on a bunt for a base hit and scored a run, and Liv McManus '23 provided solid defense behind the plate.

Varsity Softball In The News

Softball Extends Win Streak to Four



With the game tied at 7-7 in the final minutes against Austin Preparatory School (Austin Prep), Andover Softball Co-Captain Kiley Buckley '23 stepped up to bat and hit the game-winning home run. Andover also defeated Tilton 6-0 and Noble & Greenough (Nobles) 5-3 this week, which puts them on a four-game win streak to start the season.

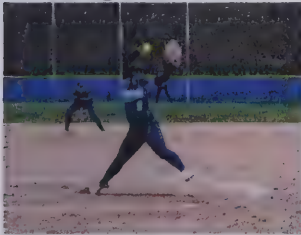
The team hosted Tilton on Friday prior to its nail-biter against Austin Prep on Saturday. Isabelle Quito '25 described some of the team's strengths in its sweep over Tilton.

"I think we had a lot of good fielding. We had some pretty amazing hits, I think we got two home-runs that went really out of the park. They were amazing and I think it brought the team morale up, I would say we were all extremely hyped," said Quito.

Saturday's game was a major improvement from the team's 8-0 loss to Austin Prep last season. Evalyn Lee '23 highlighted Buckley's game-winner.

"We were up I think 7-1, and then [the other team] started coming back, and they tied the game. Kiley Buckley hit a home-run to break that tie and we won 8-7 because of [it]. That was a really cool moment, and I think that defensively we made a lot of important plays," said Lee.

Lee described the atmosphere of the game against Austin Prep. This year, Andover had something to prove, according to Lee.



Lee said, "I think it was super intense, especially because we knew that Austin Prep was a strong team... Because it was such a close game, you could feel that tension, intensity, and focus throughout the team."

On Wednesday, Nicole Celi '23 hit two runs, leading the team to the win over Nobles in its first away game of the season. In the top of the eighth inning, teammates gave it their all and broke the 3-3 tie from the previous inning, noted Andie Shim '25.

"The team played very well both offensively and defensively. Our bats and base running were consistent throughout the entire game but really pulled through in the top of the eighth," said Shim.

Andover Softball will play Governor's Academy on Friday and St. Paul's on Wednesday.

Sophia Cratty
Apr 14, 2023

Softball Co-Captain Evalyn Lee '23 is "Definition of a Leader"



Softball Co-Captain Evalyn Lee '23 has been playing softball for seven years, but since coming to Andover, she has had to navigate playing for the Andover Softball team while playing on a travel team back home in Chicago. Although Lee has had to miss out on practices with her home team, she has enjoyed playing in two separate softball communities.

Lee shared the development of her leadership throughout her time on the Andover Softball team. She described what it was like to find her voice on the team and to shift into a more vocal position on the team.

"When I was a younger player on the team, I could never see myself becoming Captain... I was more quiet and just looked up to the older players, even though the Class of 2023, my grade, made up the majority of the team for basically all three or four years playing here. I still felt like I had to take a step back and listen to the older players and then gradually, I felt that my grade began to take more leadership and ownership," said Lee. Leila Boesch-Powers '24 described Lee as "the definition of a leader," as she uses her knowledge of the field and her lightheartedness to support her teammates.

"She always has an answer to everything or every question, every play, every...situation on the field... All three Captains are very knowledgeable of the game, but she [has] a very in-depth knowledge of the game that's very inspiring. She also loves to crack jokes and it's very much comedic relief. So I always enjoy talking to her and so does everybody else," said Boesch-Powers.

Angie Ceballos Cardona '25 highlighted Lee's passion for the game and how it has positively impacted the people around her. When cheering for her teammates, Lee shows enthusiasm towards everyone on the team. Ceballos Cardona said, "I think her spirit is something that really connects the team. She's very passionate about the sport and about supporting everyone on the team. She's always one of the people that are the loudest in the dugout and encourage people to cheer for everybody, not just like certain people that are friends, but everybody on the team."

When describing her leadership style, Lee noted how "one-on-one interactions" are important to how she leads as a Captain. Lee also shared how she sees everyone on the team as a teammate and a friend, regardless of grade or leadership title.

"I'm not one to yell at a group and or tell people what to do. I like to talk to people one-on-one in more casual ways. I really view everyone on the team as an equal. That's why I feel like leader is a weird word to me because I won't talk down to freshmen on the team. I talk to all of them as if they're the same age because I feel like a four-year age difference, like 18 to 15 [years old], that's really not that big of a difference. I view everyone, all my teammates as just like my teammates, my friends," said Lee.

Ceballos Cardona shared how much she has seen Lee improve throughout her time on the team. She attributes much of Lee's growth to her ability to reflect and her willingness to learn from others.

"She's very humble in the way that she's really willing to learn from other people, no matter their experience or if they play the same position as her... She's a very reflective, good player, and I think that's why she grows so much every season. I think she's definitely not the same player as she was last year, and I've seen so much growth within her... She generally works on her game and is not afraid to take criticism because she knows it comes from a good place," said Ceballos Cardona.

Angie Lucia
May 26, 2023

Head Coach Lindsey Maroney '07: From Decorated Athlete to Decorated Coach



In her fifth year as Andover Softball Head Coach, Lindsey Maroney '07 has led the team to a 15-4 season record and a Big East Championship title. With decorated, record-breaking softball careers at Andover and at University of Massachusetts Amherst, Maroney brings extensive experience and knowledge to the team.

"I try to make sure that one, it's fun hopefully, and that everyone that's on the team regardless of their year, skill, talent, ability wise has as many reps and opportunities as possible to improve, to get experience at positions that they want to get experience at. And then hopefully get as much game time as possible. Of course, at the end of the day, it does

come down to putting a lineup out there that we think offers us an opportunity to win," said Maroney.

While attending Andover, Maroney was named Eagle Tribune All-Star three times and Boston Globe's New England Preparatory School Athletic Council (NEPSAC) Player of the Year twice. Team member Leila Boesch-Powers '24 met Maroney her Junior year and immediately appreciated Maroney's ability to connect with her players through her experiences.

"It was great to have a coach who really understood the game of softball and really could work with all the talents on the team to get us where we needed to be," said Boesch-Powers.

Rihana Gomez '26 shared a similar sentiment to Boesch-Powers.

"She's always there to be there and motivates us with positive things to say... What makes her thrive is her knowledge towards the game as well as her experience really helps her coach us and motivate us. Her coaching strategies are really just to keep an open mind throughout the game, you know, anything can happen," said Gomez.

According to Boesch-Powers, Maroney pushes the team to play its best softball while offering constructive feedback.

"I think she's a really good balance between competitiveness but also supportiveness. So I feel like she definitely holds us to a high standard in terms of playing and all that. But she's very encouraging," said Boesch-Powers.

Maroney prioritizes maintaining focus and energy within the team. Through these two aspects, Maroney hopes that teammates can consistently support one another and identify any mistakes to be fixed during games.

"The energy is huge, because softball isn't the fastest sport, so it's easy to kind of get distracted or start thinking about other things. So trying to maintain the focus and energy so they're constantly cheering each other on, knowing what's going on in the field or out," said Maroney.

Meg Stineman
May 26, 2023

Co-Captain Fallon O'Connor '23 Creates Positive Camaraderie



Andover Softball Co-Captain Fallon O'Connor '23 has been playing softball since sixth grade. Initially, she was convinced to try the sport by her mom, who played when she was younger, so O'Connor decided to see if she would love the sport as much as her mom. According to Leila Boesch-Powers '24, O'Connor is a leader that treats each member of the team with kindness and is able to bounce back from just about anything that she faces.

Boesch-Powers said, "Fallon is one of the friendliest people I know. She always, always has a smile on her face and [is] laughing about something. She bounces back faster than anybody I've ever seen. If she gets hit by a ball or if she walks somebody she's just very easygoing in that sense. And she's also extremely friendly to every single person on the team regardless of level of talent and grade. She's just an overall very inspiring captain and softball player."

When O'Connor was a lowerclassmen, she looked up to her Co-Captains and considered them to be role models for her. O'Connor hopes to have a similar influence on the lowerclassmen on the team. She intends for her teammates to consider her a role model and a relatable friend.

O'Connor said, "For me, I think it's to bring positivity and also instruction...and when I had Captains when I was an underclassman, I always looked up to them. So just being a role model, but also being super personable and being able to relate on a friend level is also nice too. Being able to look up to someone but also be friends with them I think is great."

Angie Ceballos Cardona '25 explained how O'Connor may look intimidating based on her high skill level, but is a "kind-hearted" and "humble" player dedicated to Andover Softball. O'Connor was named MVP of the Big East Tournament, and according to Cardona, the award was well deserved.

"I have so much love for Fallon and she's one of the best athletes on our team and she's just so humble about it. She's so kind-hearted, I think she looks intimidating but she's very soft, she's so hardworking and I think she proves every single day why she was the MVP of the tournament and she's really taking this team on her back and really brought us some big wins...and she just works hard every single day. And again, I don't think she lets her being committed to a college really get to her. She still works [hard for] the team every single practice," said Cardona.

Boesch-Powers highlighted the importance of the Co-Captain role on the team. Since softball has a large roster, this means that it is often difficult to create camaraderie. Boesch-Powers commented on how it is a captain's role to unite the team and maintain a high level of play.

Boesch-Powers said, "The softball team is a very big team, so I think it's especially important for captains to be able to unite the team and...be there to foster that sort of inclusive environment while also maintaining the level that we play at. [Also] just always encouraging everybody to do their best and encouraging everyone to get better."

Cardona described how O'Connor lifts up the team in every moment. When the team is feeling down on themselves after a mistake, it can count on O'Connor to lift it back up.

"I think she really just brings people up in times of disappointment. [There are] times where I really wanted to come up for the team and I tried my best but I wasn't able to. It happens, mistakes happen. This game is about failure. Fallon is one of those people that really picks other people up, reminds them that they belong, that there's a reason why they're there, why they're in the lineup. I think she really helps the people around her believe in themselves," said Cardona.

Sophia Cratty
May 26, 2023

Co-Captain Kiley Buckley '23 Leads Through Skill and Reliability



Andover Softball Co-Captain Kiley Buckley '23 began her softball career in elementary school, after competing in sports throughout her childhood. Buckley continued her love for the sport through middle and high school, eventually earning a spot on Stanford University's team for next year. Buckley believes that her dedication to softball is what got her to where she is and what helps push her team to provide effort.

"I think the value that I fixate on is just dedication and, making sure that the whole team is involved, in practices and games and even if they're not playing, just making sure that everyone's playing a part and, everyone's just doing their job," said Buckley.

Angie Ceballos Cardona '25 commended Buckley's dependability on and off the field. Buckley's talent benefits the team during games due to her consistency on offense and defense. She also has the ability to calm nerves in challenging moments which helps the team play at its best.

“She’s one of those people that’s really reliable. I think in big moments we can rely on her to come up big and I think she definitely uses her natural talent to really step up in those big moments. And I don’t think you don’t really see Kiley sweat in big moments, she’s very calm and collected, and I think that helps de-escalate difficult situations and games. She’s a very calm presence in the field, and I think it helps the anxiety in other players within the team, whether we’re losing or we’re having a bad game,” said Ceballos-Cardona.

Emerson Buckley ’25 appreciates how Kiley Buckley approaches her teammates with constructive feedback.

Kiley Buckley uses her wealth of experience to maximize the team’s success.

“I think through her actions as well as...[her] want to help people. You’ll see her telling girls what they can fix about their swing or just how they can get better. Not to a point that gets annoying, she wants to help. So I think that makes her a great Captain,” said Emerson Buckley.

Buckley played a large role in creating team bonding experiences during the team’s pre-season trip to Florida, according to Ceballos-Cardona. She continued to push for team chemistry after pre-season because Buckley felt that would create the best atmosphere during the season.

Ceballos Cardona said, “We did a lot of team bonding in the preseason. I think Kiley and the rest of the Captains really helped orchestrate going to parks with friends and staying in groups and really getting to know each other. So I think that was a really good way to bring the team together before the season started.”

According to Kiley Buckley, she uses team huddles as her way of communicating during challenging games. She makes it a point to encourage her teammates no matter the score, so that each player believes that they have the skills and ability to persevere through adversity.

Kiley Buckley said, “I think for a team as a whole... After each inning, when we come back and we’re all meeting in a circle just making sure that everyone resets and focuses on the next inning, what they have to do next, and just not worrying about if they made an error or whatever was causing the dull in the game. I think that meeting for each inning is very important [to make] sure that the energy in the dugout stays high and everyone’s involved.”

Meg Stineman

May 26, 2023

Boys Varsity Tennis

2023

Coach: Leon Calleja

Captain: Kian Burt & Ethan Wong

Managers: Rachel Bong & Agnes Agosto

Overall Season Record

Win	Loss	Tie
8	4	0

Letter Winners: Agnes C. Agosto, Tin Yan Rachel Bong, Chase M. Burke, Kian Burt, Brandon H. Horne, Jeremy B. Liao, Yifei K. Niu, Benjamin Shin, Ethan Wong, Avery Zheng, & Alex Zhu

Award Winner: Banta Tennis Trophy – Ethan Wong



Boys Varsity Tennis

2023 Schedule and Results

Sat	04/01/2023	Tennis BV	Brunswick vs Rox Latin	A	5:00 PM	1-6		L	
Sat	04/01/2023	Tennis BV	Brunswick School	A	10:00 AM	3-4		L	
Wed	04/05/2023	Tennis BV	B. B. & N. cancelled	A	3:30 PM				
Sat	04/08/2023	Tennis BV	Taft	A	2:00 PM	3-4		L	
Fri	04/14/2023	Tennis BV	Milton	H	5:15 PM	4-0	W		Varsity Tennis
Wed	04/19/2023	Tennis BV	St. Paul's	A	3:30 PM	7-0	W		
Fri	04/21/2023	Tennis BV	Belmont Hill	A	4:30 PM	4-3	W		
Sat	04/22/2023	Tennis BV	Deerfield	H	1:30 PM	6-1	W		Varsity Tennis
Fri	04/28/2023	Tennis BV	Groton	A	4:30 PM	3-4		L	
Wed	05/03/2023	Tennis BV	Exeter	H	2:45 PM	6-1	W		Varsity Tennis
Fri	05/05/2023	Tennis BV	Roxbury Latin cancelled	H	3:45 PM				Varsity Tennis
Sat	05/13/2023	Tennis BV	Choate	H	2:30 PM	7-0	W		Varsity Tennis
Wed	05/17/2023	Tennis BV	Hoosac	H	2:30 PM	6-1	W		Varsity Tennis
Sat	05/20/2023	Tennis BV	NEPSAC	A	9:00 AM				Taft
Sun	05/21/2023	Tennis BV	NEPSAC	A	1:00 PM				Taft
Wed	05/24/2023	Tennis BV	Exeter	A	3:00 PM	6-1	W		
Fri	05/26/2023	Tennis BV	NEPSITT	A	8:45 AM				Choate
Sat	05/27/2023	Tennis BV	NEPSITT	A	8:45 AM				Choate



Phillips Academy Boys Varsity A Tennis 2023

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Chase M. Burke	2025	Denver, CO
Kian Burt *	2024	Andover, MA
Brandon H. Horne	2025	San Francisco, CA
Jeremy B. Liao	2024	Andover, MA
Yifei K. Niu	2025	Scarsdale, NY
Benjamin Shin	2026	Belmont, MA
Ethan Wong *	2023	Shanghai, CN
Avery Zheng	2025	Longmeadow, MA
Alex Zhu *	2023	Wilmington, MA

*Captains

Coach: Leon Calleja

Managers: Rachel Bong & Agnes Agosto



Phillips Academy Boys Varsity B Tennis 2023

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
William J. Boo	2023	Short Hills, NJ
Austin W. Chan	2023	Hong Kong, CN
Tianyi Evans Y. Gu	2025	Carlisle, MA
Marco Kirdar	2024	Durham, NC
Nicolaas P. Kramer da Silva	2026	Campinas, SP, BR
Tristan P. Marnoto	2024	North Andover, MA
Ryan R. Nasserzadeh	2024	Las Vegas, NV
Adrian M. Werner	2025	Boxford, MA

Coach: Kevin Cardozo

Boys Varsity Tennis

2023 Highlights

APRIL 1, 2023

Tennis BV at Brunswick School vs. Roxbury Latin

L 1-6

Brunswick School hosted both Phillips Academy and Roxbury Latin this weekend in a set of scrimmages to begin our seasons. PA played Roxbury Latin on Saturday morning, falling short in some critical matches to lose 1-6 overall. Avery and Kevin won their doubles, but losses at #1 and #2 doubles secured the point for Roxbury Latin. In singles, Roxbury Latin overcame two first-set losses at #2 and #4 singles to win the top four spots. Lower Kevin Niu pulled out the only win with an 8-7 (4) victory at #6.

Singles:

1. Ethan Wong v. Cole Oberg: 5-7, 5-7
2. Alex Zhu v. Eric Diop: 6-4, 4-6, 0-1(2)
3. Ben Shin v. Akshay Kumar: 3-6, 3-6
4. Avery Zheng v. Jiho Lee: 6-3, 2-6, 0-1(4)
5. Kian Burt v. Daniel Stepangan: 3-6
6. Kevin Niu v. Tanner Oberg: 8-7 (4)
7. Jeremy Liao v. Eric Zhu: 8-1 (exhibition)

Doubles:

Ethan & Alex v. Cole & Akshay: 4-8
Ben & Chase Burke v. Eric & Jiho: 4-8
Avery & Kevin v. Daniel & Tanner: 8-7(4)

APRIL 1, 2023

BV Tennis at Brunswick School

L 3-4

Playing their second scrimmage match of the day, PA's Varsity Boys team faced off against defending New England Champion Brunswick. As with the prior match against Roxbury, the match was played at the Rye Country Day School's indoor courts. Brunswick got ahead early by securing the doubles point with wins at #2 and #3 doubles, overcoming the excellent win by Alex Zhu and Jeremy Liao at #1 doubles.

In singles, Ethan fought hard but couldn't overcome his injury and fell at #1 singles. Avery Zheng at #4 pulled off a decisive victory to get PA on the board, before Brunswick secured the victory with wins at #2 and #3 singles. For the final two matches, PA pulled out victories with Kevin Niu winning at #5 and Kian Burt winning at #6.

With the two scrimmage matches against these tough opponents this weekend giving a solid refresher, the Andover boys will look to start make a strong start to their season next week against BB&N and Taft.

Singles:

1. Ethan Wong v. Will Monahan: 4-6, 2-6
2. Alex Zhu v. Caleb Zimmerman: 1-6, 3-6
3. Ben Shin v. Santos Gunningham: 0-6, 3-6
4. Avery Zheng v. Johnny Riehl: 6-2, 6-0
5. Kevin Niu v. Spencer Segura: 8-2
6. Kian Burt v. Jack Sieg: 6-2

Doubles:

Alex & Jeremy Liao v. Will & Tucker MacLean: 8-7(7)
Ben & Chase Burke v. Caleb & Santos: 5-8
Avery & Kevin v. Johnny & Jack: 3-8

APRIL 8, 2023

Tennis BV at Taft

L 3-4

ANDOVER BOYS TRAVELED TO TAFT AND LOST A TIGHT BATTLE 3-4 TO START THE SEASON.

Playing their first match of the season after last week's scrimmage matches against Brunswick and Rox Latin, the Andover Boys Varsity tennis team traveled to Connecticut to face off against a tough Taft team! The afternoon started off with a close loss at doubles. Avery Zheng and Kevin Niu got Andover off to a hot start with an 8-3 victory at #3 doubles, before Ben Shin and Chase Burke fell 3-8 at #2 doubles. Ethan Wong and Jeremy Liao then lost in a tie-breaker to give Taft the doubles point.

As singles play started, the Andover boys kept things super close, with #1 Ethan Wong fighting back from 2-5 down to reel off 11 games straight and win 7-5, 6-0. Ben Shin fought hard but fell short 4-6, 4-6 at #2 singles. Andover then got wins at #4 and #6 singles, with Avery Zheng and Chase Burke winning tight three-set matches. Kevin Niu and Kian Burt fell short in their own three-set matches, giving Taft the 4-3 victory.

Singles

1. Ethan Wong v. Keyon'dre Clarke 7-5, 6-0
2. Ben Shin v. Charles Levi 4-6, 4-6
3. Kevin Niu v. Lachlan Abbott 6-4, 4-6, 0-1 (4)
4. Avery Zheng v. Shane Mettler 6-4, 6-7 (6), 1-0 (5)
5. Kian Burt v. Kaiel Casserly 6-4, 4-6, 0-1 (6)
6. Chase Burke v. Thomson Knight 3-6, 6-4, 1-0 (6)

Doubles

1. Wong & Jeremy Liao v. Clarke & Mettler 8-9 (4)
2. Shin & Burke v. Abbott & Levi 3-8
3. Niu & Zheng v. Casserly & Knight 8-3

APRIL 14, 2023

Tennis BV vs Milton

W 4-0

PHILLIPS ACADEMY WITH AN EXCITING 4-0 VICTORY IN THEIR FIRST HOME MATCH OF THE SEASON AGAINST MILTON ACADEMY

Phillips Academy hosted Milton Academy in their first home match of the season. The Andover Boys Varsity tennis team got off to a great start in doubles Friday evening. Ethan Wong and Alex Zhu played an excellent match in #1 doubles with an 8-1 win, before Kevin Niu and Avery Zheng secured the doubles point with an 8-6 victory in #3 doubles.

The Andover Boys started off singles play with a high as #1 Ethan Wong dominated his match, winning 6-1, 6-0. Ben Shin followed with a phenomenal 6-0, 6-0 win in #2 singles, not dropping a single game. Andover then secured the 4-0 victory in #5 singles, with Avery Zheng finishing strong to win 6-1, 6-0. Andover's team record is now 1-1.

Singles:

1. Ethan Wong v. Max Donovan: 6-1, 6-0
2. Ben Shin v. Evan Zhang: 6-0, 6-0
3. Alex Zhu v. Andre Zhao: 2-5, 4-1
4. Kevin Niu v. James Lee: 6-4, 3-2
5. Avery Zheng v. Philip Mikhailov: 6-1, 6-0
6. Kian Burt v. Chander Byrue: 6-0, 3-3

Doubles:

Ethan & Alex v. Max & Evan: 8-1
Ben & Chase Burke v. Andre & James: 7-6
Kevin & Avery v. Philip & Chander: 8-4
Brandon Horne & Jeremy Liao v. Jake Wang v. Lucas Westphal: 8-1 (exhibition)

APRIL 19, 2023

Tennis BV at St. Paul's

W 7-0

PHILLIPS ACADEMY SWEEP ST. PAULS 7-0 AT THEIR COLD WEDNESDAY AFTERNOON MATCH

Phillips Academy Varsity Boys tennis traveled to St. Paul's School on Wednesday for their third official match of the season. The Andover Boys faced the cold and wind as they started off the afternoon in doubles. Ben Shin and Chase Burke in #2 doubles led the team by winning 8-0, followed by Ethan Wong and Alex Zhu in #1 doubles and Kevin Niu and Avery Zheng in #3 doubles both winning their matches 8-3. Jeremy Liao and Brandon Horne also won their exhibition match 8-0, allowing the team to enter singles play on a high.

The Andover Boys dominated singles play, with many players only dropping one or two games. Kevin Niu had a great match in #4 singles, winning 6-0, 6-0. He was then accompanied by Ben Shin winning 6-0, 6-1 and Alex Zhu winning 6-1, 6-0 in #2 and #3 doubles, respectively. Andover then got wins in #1, #5, and #6 singles, giving Phillips Academy the 7-0 victory, and moving the team's record to 2-1.

Singles:

1. Ethan Wong v. J.B. Estes: 6-1, 6-1
2. Ben Shin v. James Shepard: 6-0, 6-1
3. Alex Zhu v. Scott Jiao: 6-1, 6-0
4. Kevin Niu v. Hunter Morton: 6-0, 6-0
5. Avery Zheng v. William Mao: 6-2, 6-4
6. Chase Burke v. Peter Ding: 6-2, 6-3
7. Brandon Horne v. Pierce Trevisani: 8-0 (exhibition)

Doubles:

- Ethan & Alex v. J.B. & Enoch Huang: 8-3
Ben & Chase v. James & Grego Cisneros: 8-0
Kevin & Avery v. Diego Davalos & Declan Schweizer: 8-3
Brandon & Jeremy Liao v. Pierce & Lino Viau: 8-0 (exhibition)

APRIL 21, 2023

Tennis BV at Belmont Hill

W 4-3

On Friday afternoon, the Phillips Academy Varsity Boys tennis team went to play indoors at Belmont Hill School. The Andover Boys had a shaky start in doubles. Ethan Wong and Alex Zhu fought a tough Belmont #1 doubles team, falling short 2-8. Kevin Niu and Avery Zheng's loss at #3 doubles team clinched the point for Belmont. In #2 doubles, Ben Shin and Chase Burke kept it close, their match finishing at 6-7 when the doubles point was given to Belmont Hill.

During singles play, Ethan Wong faced a difficult match in #1 singles, falling 3-6, 0-6. After that, Alex Zhu had a tough loss in #3 singles as well, losing 2-6, 0-6. At this point, Belmont Hill was up 3-0. On the remaining two courts, Andover was down a set in each match. However, in #2 singles, Ben Shin was able to turn things around, fighting hard during his three-set match for a 6-7 (6), 6-3, 1-0 (6) win. Kevin Niu was down 3-6, 1-2 in his #4 singles match, but found the energy to charge back and win 3-6, 6-3, 1-0 (7). With this win, the Andover boys had two more consecutive wins in #5, and #6 singles to pull off a dramatic comeback victory. The team finished with a well-earned 4-3 victory, bringing their record to 3-1.

Singles:

1. Ethan Wong v. Bobby Cooper: 3-6, 0-6
2. Ben Shin v. Ernest Lai: 6-7 (6), 6-3, 1-0 (6)
3. Alex Zhu v. Morgan Rich: 2-6, 0-6
4. Kevin Niu v. Ethan Sidman: 3-6, 6-3, 1-0 (7)
5. Avery Zheng v. Carver Porter: 6-3, 6-1
6. Chase Burke v. Aidan Lee: 6-0, 6-3
7. Jeremy Liao v. Cooper Nelson: 8-2 (exhibition)

Doubles:

Ethan & Alex v. Bobby & Ernest: 2-8

Ben & Chase v. Morgan & Ethan: 6-7

Kevin & Avery v. Carver & Aidan: 5-8

APRIL 22, 2023

Tennis BV vs Deerfield

W 6-1

PHILLIPS ACADEMY WINS 6-1 AGAINST CHALLENGING DEERFIELD OPPONENT

Saturday afternoon brought a second home match for the Phillips Academy Varsity Boys tennis team against Deerfield Academy. In doubles, Kevin Niu and Avery Zheng led the team by securing a 8-1 win in #3 doubles. They were followed by Ben Shin and Chase Burke finishing 8-4 in #2 doubles. Ethan Wong and Jeremy Liao also played an excellent match in #1 doubles, earning a victory of 8-5.

Singles play began with a strong start, with a 6-0, 6-2 victory by Avery Zheng in #5 singles and a 6-2, 6-2 victory by Alex Zhu in #3 singles. Kevin Niu then won 6-3, 6-2 in #4 singles, quickly followed by a decisive 6-1, 6-4 victory by Ben Shin in #2 singles. Kian Burt then secured Andover another point in his #6 singles match, winning 6-4, 6-1. Finally, Ethan Wong faced a tough opponent in #1 singles, keeping the match close but eventually falling 3-6, 5-7. Andover's record is now 4-1.

Singles:

1. Ethan Wong v. Brick Johnson: 3-6, 5-7

2. Ben Shin v. Ethan Li: 6-1, 6-4

3. Alex Zhu v. Anthony Sparacio: 6-2, 6-2

4. Kevin Niu v. Tai Feng: 6-3, 6-2

5. Avery Zheng v. Walker Naughton: 6-0, 6-2

6. Kian Burt v. Ryan Diffley: 6-4, 6-1

Doubles:

Ethan & Jeremy Liao v. Brick & Ethan: 8-5

Ben & Chase Burke v. Max Peh & Tai: 8-4

Kevin & Avery v. Anthony & Walker: 8-1

APRIL 28, 2023

Tennis BV at Groton

L 3-4

PHILLIPS ACADEMY PLAYED INDOORS IN THEIR FRIDAY AFTERNOON MATCH AGAINST GROTON AND FINISHED WITH A SCORE OF 3-4

The Phillips Academy Boys Varsity tennis team went to play indoors at Groton School on Friday afternoon. All three Andover doubles teams faced difficult matches. Ben Shim and Chase Burke played a close match in #2 doubles, losing 6-8. Ethan & Jeremy's 4-8 loss in #1 doubles secured the doubles point for Groton, followed by a loss in #3 doubles.

In singles, Ethan Wong turned things around with his 6-2, 6-3 victory in #1 singles. Kevin Niu and Avery Zheng at #4 and #5 singles both pulled off decisive victories to put PA back in the game, but these wins were overcome by losses in #2, #3, and #6 singles, giving Groton the win against Andover. Andover's record has moved to 4-2.

Singles:

1. Ethan Wong v. Larry Li: 6-2, 6-3
2. Ben Shin v. Trip Wight: 2-6, 0-6
3. Alex Zhu v. Griffin Gura: 4-6, 4-6
4. Kevin Niu v. Jack Lionette: 6-4, 6-4
5. Avery Zheng v. Will Vratatos: 6-2, 6-4
6. Chase Burke v. Michael Lu: 4-6, 2-6

Doubles:

Ethan & Jeremy Liao v. Larry & Will: 4-8
Ben & Chase v. Trip & Michael: 6-8
Avery & Kevin v. Griffin & Jack: 2-8

MAY 3, 2023

Tennis BV vs Exeter

W 6-1

ANDOVER BEATS RIVAL EXETER AT HOME TO MOVE TO 5-2 FOR THE SEASON

Singles:

1. Ethan Wong v. Kiran Raval 2-6, 6-4, 0-1 (8)
2. Benjamin Shin v. Clark Pearson 6-3, 4-6, 1-0 (7)
3. Kevin Niu v. Aruth Chinsupakul 7-5, 6-2
4. Kian Burt v. Steven Chen 6-1, 7-5
5. Chase Burke v. David Dai 6-4, 4-6, 1-0 (9)
6. Jeremy Liao v. Jayson Tung 6-2, 6-3

Doubles:

1. Wong/Burt v. Raval/Pearson 8-5
2. Shin/Burke v. Chinsupakul/Chen 8-2
3. Niu/Liao v. Dai/Tung 8-6

MAY 13, 2023

Tennis BV vs Choate

W 7-0

ANDOVER BOYS IMPROVE THEIR SEASON RECORD TO 6-2 AFTER HOME WIN AGAINST CHOATE

Singles:

1. Ethan Wong v. John Henderson 6-3, 6-2
2. Benjamin Shin v. Rodrigo Chon Him 6-3, 6-0
3. Alex Zhu v. Johnny Guo 6-4, 6-4
4. Kevin Niu v. Will Henderson 6-4, 2-6, 1-0 (6)
5. Avery Zheng v. William Ji 6-2, 6-3
6. Chase Burke v. Arin Tongdee 6-2, 6-2

Doubles:

1. Wong/Kian Burt v. J. Henderson/Chon Him 7-9
2. Shin/Burke v. Guo/Ji 8-4
3. Niu/Zheng v. W. Henderson/Tongdee 8-5

Exhibition Singles:

Jeremy Liao v. Tyler Kuo 8-4

Brandon Horne v. Matthew Yeo 8-3

Boys Varsity Tennis In The News

Health First, Then Tennis: Head Coach Leon Calleja Approaches Season with Empathy and Optimism



Boys Tennis Head Coach Leon Calleja began his tennis career at nine years old in the footsteps of his older brother. Now as a coach, Calleja works to ensure that every player on the nine-person team has a space conducive to growth and inclusion.

“I like to try to motivate them by showing how much I love the game and trying also to motivate what I think are their strengths as players are. The great thing about tennis is that the players have so many different strengths as a team and as

individuals, and I think I’m trying to emphasize those on an individual basis. That’s something I do, particularly during match play,” said Calleja.

According to Kevin Niu ’25, Calleja prioritizes his players’ health above anything else. By allowing players to focus on their well-being, Calleja prevents overtraining.

“He’s above all, just a good person. You can always ask him. If you’re really stressed with a test, he’ll let you maybe skip a practice or leave early. He always cares about your physical and mental health. You need to go to the trainer, he’ll never force you to play at all. If you really can’t travel three hours, he’ll let you rest. So he’s really understanding,” said Niu.

During matches, Calleja encourages his players to be in the moment and to only control aspects of the game that they can control, according to Kian Burt ’24. Through Calleja’s advice, Burt has found it easier to maintain an optimistic mindset during matches.

“A lot of times it’s easy to get wrapped up in the point you played previously, the shot you played previously. But [you need to be] able to recognize your strengths and impose your game. So recognizing your strength and focusing on yourself when you’re playing a match, not necessarily what the opponent is doing,” said Burt.

According to Chase Burke ’25, Calleja brings out the best in his players. Burke has observed Calleja providing the support needed to take a player’s game to the next level.

“Coach Calleja is a very inspiring person himself, when he takes the court he offers to hit with people. He’s very encouraging to players during practices and during matches and offers great advice. He’s always great at supporting players during matches. He’s a very motivating person,” said Burke.

In the first few weeks of the season, Calleja is focused on building team culture and chemistry. By promoting camaraderie within the team, he hopes to provide his players with a chance to alleviate the individual pressures of the sport.

“This weekend we went to Connecticut, and it was really a good team bonding experience even though we were sort of squeezed into a rally wagon together and had some difficult matches, really tough matches.

Tennis is a sport where you can get really down on yourself very quickly, and you can be in your head. I think the team aspect of the game helps you to get over that,” said Calleja.

Meg Stineman
Apr 7, 2023

Co-Captain Ethan Wong ’23 Brings Cordial Presence to Team, Never Gives Up



Co-Captain Ethan Wong ’23, the top seeded player for Andover Boys Tennis, inspires his teammates through leading by example and adaptability. Initially playing tennis just to spend time with his father, Wong turned his hobby into an 11 year passion. Over the years, Wong has recognized the value of a team within a more traditionally individualized sport.

“I think as a kid, it was a way for me to connect with my dad, because my dad played a lot of tennis. But then I really enjoyed the sport just growing up as I played with friends. We went to training camps together. It was like a really nice time to bond with people and I formed social connections... And then as I grew a bit older, I just fell in love with competing, and the sensation of striking the ball,” said Wong.

Co-Captain Alex Zhu '23 has led alongside Wong for the past two seasons. Zhu expressed his appreciation for Wong's tenacious attitude and progressive talent on the tennis courts. Zhu said, "I think Ethan brings a lot of energy to practices and he's just a great leader and leads by example. He always works hard and he always has a positive attitude, and both of us work off each other. Ethan's [a] more serious tennis player than me so he's a great role model to have."

Kevin Niu '25 recalled his first interaction with Wong, where he was met with optimism. Niu appreciated Wong's willingness to guide him through the tryout process, as well as devoting time to practice with him.



"When I first met Ethan, he was very welcoming of course. I did [recreational] tennis, I wasn't on the team [and] I was stressed about tryouts. He comforted me, he gave me advice, he told me about the format. He even hit with me, all these nice gestures," said Niu.

Despite Wong's anticipation for his first season during Junior Year, he was unable to play due to Covid-19. Wong played his first match for Andover last season as the program recovered from the pandemic.

"I looked forward to [tennis] ever since coming into the school. And it got delayed for two years... I'd been waiting for so long. I really enjoyed hanging out with the team. And I love the people on the team, getting to travel with them, getting to play tennis with them. And it's interesting how tennis became a team sport, at any rate, instead of more like an individual sport," said Wong.

Niu mentioned Wong's unique approach to leading a young team. He focuses on vitalizing everyone and supporting them during matches, but also acting as an example to follow.

"In tennis, he is really focused, he is locked in, he sets a good example. He never slacks off, he's never lazy. He is always the one trying the hardest on the team, always the one screaming, encouraging everyone. He has a good heart and he is crazy good at tennis and really brings the good spirit. When you see him win a point, you feel better. You get that psyched feeling and you do better [on] your next point," said Niu.

Whether it's returning from an injury or coming back from a loss, Wong always prevails over challenges, according to Zhu. His determined mindset serves as inspiration to his teammates, and it encourages them to make it through challenges.

"Ethan's not a quitter. Even yesterday, his left arm was hurting and he just didn't give up. I literally saw him say, 'Coach, I can play through this arm and I don't have to hit a backhand. I can just slice the ball.' That's just something that's super inspiring. Ethan won't quit no matter what. He's always persevering. He's always finding a way to do well in matches," said Zhu.

Wong hopes to consistently demonstrate his skills at the highest level and provide feedback to his teammates.

Wong said, "I always try to lead by example. So I'm trying to move my feet, [being] active on the court, and fight for every point so that other players can see that I'm trying my best to win matches... And [if] we lose, just talking with each other as a team, and accepting it, and using it as fuel for the next."

Nabilah Nazar
Apr 7, 2023

Co-Captain Alex Zhu '23 is Team's "Best Friend"



At the age of seven, Andover Boys Tennis Co-Captain Alex Zhu '23 picked up a tennis racket for the first time. After playing individually for most of his tennis career, Zhu found a new dimension of his passion in a team setting at Andover. As Co-Captain, he is ready to lead younger players and steps into responsibility with positivity, according to Zhu.

"When I was a player, there's always someone to look up to, I always looked up to the Captains. When I started as Captain, I realized that I needed to be that person for younger people, so it became a bigger responsibility for me. I had to watch my behavior and set a good tone for practice and keep positive mindsets and things like that," said Zhu.

Kian Burt '24 described the energy Zhu brings to the team. He noted how motivational his team's cheers and inspirational speeches are.

"Besides being very energetic, he gets us in team huddles before we start our matches, he gives us very inspiring speeches... I've seen him get better at giving the inspirational speeches and leading the chant before we start. I think that's something I'll remember, having the speech and then doing the chant, it's a team bonding experience," said Burt.

This is the second season that Zhu has led alongside Co-Captain Ethan Wong '23. Though both share similar leadership qualities, Zhu is often the one keeping the spirits lighthearted, according to Kevin Niu '25.

"Both [Alex and Ethan] are really close friends, so obviously there's no awkwardness, there's no competitiveness, we're all encouraging of each other. Alex specifically, I love him a lot because he's really

short and funny. He brings up the spirit. He also sets a really good [example] because he has a lot of rizz. He's also really good at tennis. Everytime he laughs, everyone just starts laughing, this is genuinely true. He brings up the spirit by cracking a joke at the right time when we're all feeling down, really bringing up the spirit," said Niu.



Wong shared how Zhu's humor lights up practices and games. Not only does he bring the energy, but he also has the skill to match that, which he shares with his teammates through helpful feedback.

"Alex is super nice. He always brings great energy to the court. He's always smiling, makes a lot of nice jokes and lightens up the mood... He's always a presence on the court and he's very vocal about helping teammates, and about

cheering people on when needed. He's a great player. He has a great plate baseline game, and really hits deep shots and angles when he needs it," said Wong.

In such an individual sport, Zhu fosters a healthy team dynamic by making sure everyone remembers the team is playing for each other, not against each other. Zhu hopes that his leadership will live on, even after he graduates.

"Tennis is an individual sport a lot of the time, so at the end of the day it's two people on the court playing a match or sometimes it's four people if it's doubles, so it can sometimes get competitive between teams and also within our team. Just making sure at the end of the day that we're a team and we're not competing against each other, but we're cheering each other on and making sure we have support for each other and not trying to beat each other," said Zhu.

Angie Lucia
Apr 7, 2023

Small Setback, Major Comeback: Boys Tennis Dominates Exeter Rivals



Following a tight 3-4 loss to Groton last Friday, Andover Boys Tennis was able to display a powerful performance against rivals Phillips Exeter Academy (Exeter) on Wednesday. A sweep in doubles alongside comebacks from Ben Shin '26 and Chase Burke '25 in singles led the team to a 6-1 win.

One important factor in Wednesday's win was the energy of the team, according to Burke. The team was able to use the momentum from a strong start to generate positive results.

"Energy started low, maybe because of the gloomy weather, but as the team stepped up to win all three doubles matches, the energy level as a whole rose. We had momentum going into the singles matches and it showed in the results," said Burke.

Even the little things, such as words of encouragement, can swing the tide of a game. Kevin Niu '25 described how the unity of the team allowed the players to feed off each other's energy.

"Energy not only helps you individually but also as a team. When we cheer and support each other, it helps everyone with their next point. Supportive statements such as 'right here' and 'love that' are simple but effective ways to energize everyone. It is hard to explain, but when someone next to you brings energy, it travels to you and helps you play better. When I see my Captain or teammate yelling and cheering, it helps me focus for the next point and the rest of the match" said Niu.

Despite the individual nature of the sport, the team has bonded due to the amount of time teammates spend with each other. Shin highlighted how the team is always together, on and off the court.



"What makes this team so special is our ability to connect with each other. All of us are able to hang out and just chill. This relationship has been built over long car rides, team meals, and staying at a hotel together. Also, we all support each other immensely. Even when we are losing, we try to bring each other back up, yelling and cheering for each other. We just have a great dynamic as a team," said Shin.

A strong team culture has led to a strong season, with Wednesday's matches bringing the team's record to 5-4. The ability to win matches through the lower seeds has been a game-changer, according to Niu.

"Our biggest strength is the depth of our lineup. While many teams might only have a strong starting three, we have a complete lineup that can change overnight. The potential for everyone on the team is sky-high, we just need to perform to that

level," said Niu.

Recently, the team has found new ways to improve. Shin highlighted the benefits of working with some expert advice from the Director of Manchester Athletic Club — a tennis club based in Manchester-by-the-Sea, Massachusetts.

“We just started working with tennis pro Francisco Montoya. He is helping us tune up our game and train us for the rest of the season. He is a great coach and was in charge of a huge tennis club in New England. It is great to be working with him,” said Shin.

Moving forward, the team hopes to continue shining in doubles play. As displayed in Wednesday’s match, a strong start in doubles can play a major role in the final outcome.

“We can definitely improve in doubles. The doubles point is huge for gaining an advantage, and we need to do a better job of focusing from the start. Other than that, everyone needs to play their game and be confident in their ability,” said Burke.

Andover Boys Tennis hosts Choate on Saturday and Hoosac School on Wednesday.

Henry He

May 5, 2023

Boys Tennis Closes Out Season with Victory Against Exeter

After hitting several forehands in a row, Co-Captain Ethan Wong ’23 forced his opponent into an error, sealing the first set in a tiebreaker against Phillips Exeter Academy (Exeter). Wong went on to win his match 7-6 6-4 for first singles, securing a 6-1 victory over Exeter in the team’s last match of the season on Wednesday.

Prior to the match against Exeter, the team played in the New England Preparatory School Athletic Council (NEPSAC) playoffs. Andover swept Taft in the quarterfinals but lost 2-4 against Groton in the semifinals. Despite its loss, Kian Burt ’24 was impressed with how close Andover was able to make the match. With each match they lost, it was a tight battle, and many ultimately came down to tiebreakers.

“Our match against Groton was a very even matchup, it was our second match that day, so everyone was a little bit more tired, and it feels like it really could’ve gone either way. I know Kevin [Niu ’25] had a really close first set, he went to a first set tiebreak, and I believe he won 12-10, which is very close. Ethan and Ben [Shin ’26] both went to a tiebreak at the end. They were the last two people playing, so it was a very close match. In doubles it came down to the number one doubles, and it was very close,” said Burt.

When Andover emerged victorious from its match against Exeter, Chase Burke ’25 mentioned how every team member was playing their best. As Andover’s last match of the season, this helped the team finish on a high note.

Burke said, “I would say I am definitely happy about the way the season turned out. We had a dominant 6-1 win against Exeter, everyone was playing their best by the end of the season, and beating Exeter is always a good way to finish a season.”

Brandon Horne ’25 highlighted how competing against opponents at such a high level has allowed for him to improve his tennis skills throughout the season.

“[Playing for Andover] has helped my consistency, especially in doubles play. I’ve improved my volleys and overheads a lot,” said Horne.

Although the team had a slow start, Burt highlighted how the team has made a lot of progress over the season, and how it should be proud of its accomplishments.

“We had very tough matches at the beginning, playing two of our biggest opponents on the same day, but I think we’ve seen a lot of people improve over nine weeks, which was really impressive, and so I’d consider this a strong season,” said Burt.

Several members of Boys Tennis will be competing at Choate for the NEPSITT tournament on Friday and Saturday.

Tristan Marnoto

May 26, 2023

Girls Varsity Tennis

2023

Coach: Deborah Chase

Captain: Sara Coddington & Ananya B. Madduri

Managers: Brooke Hannan & Ashley Song

Overall Season Record

Win	Loss	Tie
15	0	0

2023 NEPSAC Class A Champions

Letter Winners: Claire K. Cheng, Lena Ciganer-Albeniz, Sara Coddington, Brooke O. Hannan, Evelyn Kung, Ananya B. Madduri, Amy Oku, Tara B. Phan, Ashley W. Song, Kendra Tomala, & Emory Wilson

Award Winner: Banta Tennis Trophy – Ananya B. Madduri



Girls Varsity Tennis

2023 Schedule and Results

Wed	04/05/2023	Tennis GV	Groton	H	3:15 PM	5-4	W
Wed	04/12/2023	Tennis GV	Austin Prep	H	3:30 PM	9-0	W
Sat	04/15/2023	Tennis GV	Winsor	H	3:30 PM	7-2	W
Wed	04/19/2023	Tennis GV	St. Paul's	H	3:00 PM	9-0	W
Sat	04/22/2023	Tennis GV	Choate	A	4:00 PM	9-0	W
Wed	04/26/2023	Tennis GV	Deerfield	A	4:00 PM	5-0	W
Sat	04/29/2023	Tennis GV	Exeter	A	3:00 PM	9-0	W
Mon	05/01/2023	Tennis GV	B. B. & N.	A	4:30 PM	9-0	W
Wed	05/10/2023	Tennis GV	Milton	H	3:15 PM	9-0	W
Sat	05/13/2023	Tennis GV	Austin Prep	H	1:00 PM	9-0	W
Wed	05/17/2023	Tennis GV	Hoosac	H	2:30 PM	7-2	W
Sat	05/20/2023	Tennis GV	NEPSAC	A	11:00 AM	5-0/5-0	W,W
Sun	05/21/2023	Tennis GV	NEPSAC	A	11:00 AM	5-1	W
Wed	05/24/2023	Tennis GV	Exeter	H	2:45 PM	5-1	W



Phillips Academy Girls Varsity A Tennis 2023

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Claire K. Cheng	2025	New York, NY
Lena Ciganer-Albeniz	2025	Tokyo, JP
Sara Coddington *	2023	Bratislava, SK
Evelyn Kung	2026	Andover, MA
Ananya B. Madduri *	2023	Hong Kong, CN
Amy Oku	2025	Hinsdale, IL
Tara B. Phan	2024	Bangkok, TH
Kendra Tomala	2026	Irvine, CA
Emory Wilson	2023	Alexandria, VA

*Captain

Coach: Deb Chase

Managers: Brooke Hannan & Ashley Song

Girls Varsity Tennis

In The News

Girls Tennis Shakes Off Rust with Win in Season Opener



In its season opener, Andover Girls Tennis beat Groton in a match that came down to the wire, with a final score of 5-4. Led by its upperclassmen, Andover was able to push through the nerves that came on Saturday by supporting one another on each point.

Kendra Tomala '26 said, "We really supported each other. We all tried to keep the spirits up high. For doubles we tried to encourage each other and when there was one match left and we all just stayed and supported the last player... Our support for another really helped us to perform or at least feel good about how we were playing"

While Andover was able to maintain a positive mindset to come out on top, Tomala noticed that nerves were a prevalent figure in each match, especially for the newest members of the team.

"I think I was pretty nervous during my doubles match. For next time, I think I just need to work on staying level headed and keep thinking about the next point. The past doesn't matter, you just try to keep getting better at every single point," said Tomala.

Evelyn Kung '26 shared a similar experience to Tomala, making uncharacteristic mistakes due to the pressure. Despite this, Kung gained confidence throughout the day.



"My partner and I, Claire [Cheng '25], worked together really well which made it easier to motivate each other. I think because it was our first match we made more errors than usual... But I think the match went well. We were able to push through even though it was our first match and then my singles match went well... I usually do better at singles so that match went pretty well," said Kung.

Despite the high level of competition provided by Groton, Andover was able to push through its close matches by supporting one another, according to Tara Phan '24.

"Our [Co-Captain] Ananya [Madduri '23's] game was very, very intense, but we all cheered her on even though we lost that game," said Phan.

Looking forward to its next match against Austin Prep, Kung believes that Andover has room to improve regarding playing through pressure. However, with the support of each teammate, it should be easy to fix, according to Kung.

"As a team I think like we could all work on shaking off our nerves, so we can play our best every time. But I think the team overall has a really strong mindset and supports each other really well, so I don't think there's really much to work on in terms of the team," said Kung.

The team plays Austin Prep next Wednesday at 3:30 p.m.

Elise Minor
Apr 7, 2023

For Co-Captain Ananya Madduri '23, "Tennis is a Journey, Never a Sprint"



Girls Tennis Co-Captain Ananya Madduri '23 conditions her team for success and high-intensity competition. In addition to Andover's team, Madduri has also played on the Hong Kong National Tennis team — a result of her passion and ambition towards the sport.

Madduri began playing tennis in the footsteps of her father, who pursued the sport at the collegiate and professional level. At eight years old, Madduri joined her local club team in Hong Kong, then gradually worked

her way up to the national squad.

"I have always grown up in a family [who is] very passionate about tennis... I have always loved how both mental and physical the sport is. I find playing tennis to be like also playing mental chess because you're constantly having to kind of recalculate game strategy between points between games and even before matches. So it's as mental as it is physical," said Madduri.

This spring marks the second season Madduri will serve as a Co-Captain for the team. Emory Wilson '23 appreciates Madduri for her exemplary leadership and optimistic attitude.

"She's really organized and she always delivers on her promises. But more than that, she's also really enthusiastic. And she's always getting the team pumped, ready for practice, ready for a match... She's [also] a great player. [She] looks insane. Her groundstrokes are so good. And she's such a powerful player, I love to watch her play," said Wilson.

Madduri shared some of the team values that she hopes to embody in her captaincy this season.

"Every year, there are critical members that graduate and so you bring on new members, that's always an exciting part of the beginning of a new season is being able to break ice with these new players... But I think our values have always stayed the same. Being as family focused, as supportive, inclusive as possible. And really, the goal is to make everyone a better player, a better teammate because at the end of the day, that's what makes our team such a tight-knit, strong, and just a happy team."

Besides competing for Andover, Madduri has participated in tournaments in Massachusetts, California, and various Asian countries. Madduri recalled how physically taxing some of the international tennis tournaments were, specifically one in Thailand.



"I was playing in 40° C [104° F] weather with 100% humidity. I literally encountered heat stroke on one of the days I was playing a match. And that just teaches you so much physical resilience. It teaches you how to adapt to extreme weather conditions, but it also reminds you [of the] different lessons that tennis teaches you about staying, really focused," said Madduri.

With her experience, Madduri serves as an inspiration to her teammates. Kendra Tomala '26 – new to the team – commented on how well Madduri is able to demonstrate sportsmanship while competing fiercely with her doubles partner, Amy Oku '25.

"I've seen her play doubles, she and her partner, I feel like they work very well together. They're very focused during the match. They always keep each other motivated [and] support each other during the match. I look up to that. I feel like I don't have as much experience in doubles. And [I am] trying to feel like I want to be able to be intense but still focused and still help my partner in doubles," said Tomala.

In her last season on Andover's team, Madduri hopes to challenge herself and her teammates to compete at the highest level possible.

"I think individually my goal is to be the best player that I can be... to be a competitor that has great sportsmanship, that leads by example, but also someone that is able to analyze the weaknesses of their game and where they can really push themselves. For me, tennis is a journey, it's never a sprint. It's constantly evolving. My game is constantly evolving, that's the way I want it to be," said Madduri.

Madduri hopes to walk-on to a Division I collegiate tennis program next Fall.

Nabilah Nazar

Apr 14, 2023

Girls Tennis Claims Two More Victories, Team Spirit Continues to Fuel Team



Andover Girls Tennis extended its win streak to four with a 7-2 win over Winsor on Monday and 9-0 sweep over St. Paul's on Wednesday.

According to Amy Oku '25, the team's win against Winsor is credited to its strong momentum throughout the day. With a few wins under the team's belt at the start of Saturday, Oku felt the team's confidence grow.

"We gained a big advantage after winning all three of our doubles, which helped establish a lot of confidence as we entered our singles games. The week before the game, we worked a lot on our doubles, so it was great to see all our hard work pay off with this win," said Oku.

Fellow teammate Evelyn Kung '26 shared a similar sentiment to Oku. However, Kung noticed that during singles, the length of the matches created a stressful and tense environment.

"Our team had a really strong start in doubles, as all three of our doubles won, which was huge for the overall score. There were also a lot of great singles matches that were really close and ended up lasting a long time. There were also a lot of tiebreaks, which are a lot of fun but also nerve-wracking to watch and play," Kung stated.

Kung highlighted teammates Lena Ciganer '25 and Oku as major contributors to the win over Winsor. The two tense tiebreak matches were inspiring for Kung to see.

“A lot of my teammates and I went to watch Lena’s singles match after we finished our own, and she had a tiebreak to seven in the first set. It was really fun, but also really intense to watch, and ended up going past seven points as you have to win by two... Amy also had an intense tiebreak. She split sets and had to play a tiebreak to 10... Overall, it was just a lot of fun to be with my teammates and support one another,” said Kung.

Andover swept St. Paul’s with its lively team spirit, according to Ciganer. Ciganer elaborated on the constant energy that buzzed throughout the sidelines on Wednesday, with every teammate supporting and cheering.

“For our team, whether it’s a win or loss...it’s always positive because it’s an individual sport but everyone’s always cheering each other on and it’s a fun experience,” Ciganer stated.

Andover Girls Tennis will play Choate away on Saturday.

Evan Curtin

Apr 21, 2023

Two Sweeps Keep Win Streak: Girls Tennis Continues Undefeated Season

Andover Girls Tennis defeated both Phillips Exeter Academy (Exeter) and BB&N 9-0 this week, which extended its win streak to eight games.

On Saturday against Exeter, Lena Ciganer-Albeniz ’25 played in the longest singles match of the day. Teammate Evelyn Kung ’26 admired Ciganer-Albeniz’s persistence throughout her match.

“[Lena] lost the first set but then came back in the second and ended up winning the match. It was the longest match so all of us were on the sidelines cheering her on after we had finished our own matches, so that was a really fun,” said Kung.

Amy Oku ’25 outlined the team’s matches against BB&N on Monday. Despite the dominant win, the team had to adapt to a change in match format.

“We only played two eight-game pro sets for doubles and singles, so I feel like we had a little more pressure today, but I think we all pulled through in the end,” said Oku.

Tara Phan ’24 highlighted Oku’s match on Monday, describing it as very intense. According to Phan, Oku’s match involved the entire team, making it all the more exciting.

“Amy’s match was absolutely superb... They would keep on going back and forth all the time.

Sometimes Amy was winning and sometimes the other girl was winning, but in the end, Amy pulled through. So that was amazing, and the whole team was cheering for her, and that was really fun,” said Phan.

Monday’s matches were the team’s first indoor matches of the season, and Oku commented on the different environment.

“I feel like we were tight today because we were playing indoors instead of outdoors which we weren’t quite used to... I feel like the team was a lot quieter but we were still lifting each other up across points so that was good of us to do,” said Oku.

With just three matches until the New England Preparatory School Athletic Council Championships (NEPSAC), Kung noted her eagerness to spend quality time with her teammates. The team will face Exeter again on May 24 to end its season.

“[I’m looking forward to] just playing more matches and getting out there with the team. Just doing fun team bonding activities, team dinners, and playing Exeter again at the end of the season. That’ll be really fun,” said Kung.

Andover Girls Tennis will play Milton at home on Wednesday.

Sophia Cratty

May 5, 2023

Girls Tennis Crowned NEPSAC Class A Champions



Andover Girls Tennis claimed the New England Preparatory School Athletic Council (NEPSAC) Class A Championship on Sunday, giving up just one of 16 matches played in the team’s two-day championship run.

En route to claiming the title, the team defeated BB&N 5-0, Greenwich Academy 5-0, and the Hoosac School 5-1. Andover entered the championship as the top seed with an undefeated 11-0 season record.

Co-Captain Ananya Madduri '23 said, "We were very focused on preserving the state of our bodies, the state of our mental health, and to make sure that we were just as well rested as possible. And I think we didn't come in with overbearing expectations. We didn't come in with kind of the, 'We're the number one seed we're gonna win it.' We came in with, 'We've had a great season so far and we look to continue it in the same manner.'"



The team played the eighth seed BB&N in the quarterfinals and fifth seed Greenwich in the semifinals on Saturday. With both rounds held at Hotchkiss, Andover faced an early wake-up and long drive before its

double-header.

"That moment in the rally wagon with the whole team for five hours really helped us not just learn more about each other, but grow comfortable on how we present ourselves. And I think having that before going into the matches helped us really understand who we are as individuals and how we can support each other," said Oku.

Due to inclement weather, both matches on Saturday were held indoors. Despite the unexpected change, the team found the indoor environment helpful in conserving energy for the finals the next day, according to Amy Oku '25.

"Our coach makes a huddle and she always tells us to be present in the moment and she always tells us what we need to work on at that moment. So we never look forward. We just keep looking at what's in front of us and what we need to do at that time," said Oku.

Andover hosted the final round of the championship on Sunday against third seed Hoosac. Hoosac



entered the matchup with a 7-1 record, with the single loss being to Andover just four days earlier.

"We started off the day at nine a.m. at Coach [Deborah] Chase's house. She and her husband cooked us a like just incredible breakfast, homemade breakfast. Her kids were playing such fun and motivating music which got us really in the mood. We warmed up for a long time to kind of get those nerves out and we started off strong, and I think that was the key to our success on Sunday," said Madduri.

Andover had relied on its depth and consistency for the majority of its regular season, losing just eight of 95 total matches played. Emory Wilson '23 found the team's depth reflected in the championship final

"We didn't push the burden onto any particular people, and all of us went out there and tried our best to get the win. So we weren't relying on [just the] number one. Making sure that we all were just basically putting in as much effort as we could and doing everything we could perfectly," said Wilson.

Patricia Tran
May 26, 2023

Varsity Track & Field

2023

Coach: Keri Lambert

Assistant Coaches: Ali Booth, Rich Gorham, Elizabeth Joseph,
Matt McMasters, John Rex, Garret Richie, Casey Smith, Nick Zufelt

Captain: Daniel Bae, Anabelle Biggs,
Abigail Cheng, Jaeyong Shim
Overall Season Record

Win	Loss	Tie

Letter Winners:

Ashley Agyeman	Grayson T. Flynn	Ava Murphy
Gracie T. Aziabor	Tamrat A. Gavenas	Hailey R. Piasecki
Daniel S. Bae	Elyse C. Goncalves	Aidan R. Porter
Sarah H. Bae	Valerie Y. Ha	Audrey E. Powers
Anabelle O. Biggs	Emma E. Hagstrom	Naima L. Reid
Tasha P. Bohorad	Max P. Huang	Russell G. Robinson
Robert Budzinski	Akari Imai	Bennett B. Rodgers
Emily E. Cain	Kamen Kaleb	Maya L. Sharar
Abigail A. Cheng	Arun Kapoor	Henry R. Sheldon
Jazaher B. Cormier	Lillian E. Keim	Alexander K. Shieh
Abdiasis M. Daaud	Emerson D. Kington	Jaeyong Shim
Eleanor R. DeHoog	Constantinos T. Krenteras	Gretchen R. Swartz
Grant D. DeHoog	Jakob Kuelps	Patricia A. Tran
Vance M. Fabrizio	Kennedy C. Leach	Sebastian Valasek
Hayden Fischer	Nakai K. Mafunga	Zoe A. von Eckartsberg
Patrick G. Flanagan	Alexander Mazzarelli	Andrew K. Wen
Kevin I. Flores Blackmore	Kurt A. Meyer	Reese P. York

Award Winner: Sorota Track Trophy – Jaeyong Shim & Maya L. Sharar

Track

2023 Schedule and Results

Sat	04/08/2023	Track & Field B	Andover HS	H	12:00 PM	L
Sat	04/15/2023	Track & Field B	Deerfield/Taft	A	3:00 PM	Canceled
Wed	04/19/2023	Track & Field B	St. Paul's/Concord Academy	H	3:30 PM	W
Wed	04/26/2023	Track & Field B	Austin Prep/Landmark	H	3:00 PM	
Sat	05/06/2023	Track & Field B	LOOMIS/NMH/AOF	H	4:15 PM	
Wed	05/10/2023	Track & Field B	Cushing/Concord/CSW	H	3:30 PM	
Sat	05/20/2023	Track & Field B	INTERSCHOLS	H	10:00 AM	
Sat	05/27/2023	Track & Field B	Exeter	A	2:00 PM	

Sat	04/08/2023	Track & Field G	Andover HS	H	12:00 PM	L
Sat	04/15/2023	Track & Field G	Taft/Deerfield	A	3:00 PM	Canceled
Wed	04/19/2023	Track & Field G	St. Paul's/Concord Academy	H	3:30 PM	W
Wed	04/26/2023	Track & Field G	Austin Prep/Landmark	H	3:00 PM	
Sat	05/06/2023	Track & Field G	Loomis/NMH	H	4:15 PM	
Wed	05/10/2023	Track & Field G	Cushing/Concord/CSW	H	3:30 PM	
Sat	05/20/2023	Track & Field G	INTERSCHOLS	H	10:00 AM	
Sat	05/27/2023	Track & Field G	Exeter	A	2:00 PM	



Phillips Academy Track and Field Roster 2022 – 2023

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<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Ashley Agyeman	2024	Bayside, NY	Hayden Fischer	2025	Chicago, IL
Darielys Almonte	2025	Lawrence, MA	Patrick G. Flanagan	2023	Boxford, MA
Enobong R. Anako	2024	Taunton, MA	Kevin I. Flores Blackmore	2023	Mexico City,
Gracie T. Aziabor	2026	Atkinson, NH	Grayson T. Flynn	2026	Kentfield, CA
Daniel S. Bae	2023	New York, NY	Langan G. Garrett	2024	Mill Valley, CA
Sarah H. Bae	2026	New York, NY	Tamrat A. Gavenas	2025	Andover, MA
Maty C. Bah	2026	Lynn, MA	Leilani Glace	2025	Brooklyn, NY
Chloe Bao	2024	Kowloon, CN	Nathan T. Godsey	2024	Honolulu, HI
Ani Bayramyan	2024	Yerevan, ARM	Elyse C. Goncalves	2023	Haverhill, MA
Bodhi Beroukhim	2025	Brookline, MA	James A. Gordon	2026	New York, NY
Anabelle O. Biggs	2023	Vineyard Haven, MA	Sean W. Griggs	2026	Menlo Park, CA
Tasha P. Bohorad	2026	Orwigsburg, PA	Valerie Y. Ha	2024	Hong Kong, CN
Jaceil A. Britton	2025	Wilmington, NC	Emma E. Hagstrom	2025	Reading, MA
Robert Budzinski	2026	North Andover, MA	Sofia K. Hatzigiannis	2026	North Andover, MA
William E. Buehler	2024	Greenwich, CT	Henry He	2026	Andover, MA
Lundeen B. Cahilly	2024	Old Greenwich, CT	Marcela A. Hernandez	2025	Newburyport, MA
Emily E. Cain	2023	Burien, WA	Max P. Huang	2024	Montclair, NJ
Mario E. Calvo	2024	Manhasset Hills, NY	Akari Imai	2025	Singapore
Sonya Caro Del Castillo	2026	Orinda, CA	Byron E. Johnson	2025	Washington, DC
Abigail A. Cheng	2023	San Francisco, CA	Kamen Kaleb	2025	Cambridge, MA
Kishan E. Clarke	2026	Kingston, JAM	Yifan Kang	2024	Shenzhen,
Claire Colvin	2023	Winchester, MA	Arun Kapoor	2025	Inverness, IL
Jazaher B. Cormier	2024	Fort Myers, FL	Micheal D. Kawooya	2026	Columbia, SC
Sophia F. Cratty	2025	Andover, MA	Lilliana E. Keim	2025	Atlantic City, NJ
Abdiasis M. Daaud	2023	Waqooyi Galbeed, SO	Jiho Kim	2023	Newton, MA
Murathimeningai N. Daisley	2026	Macungie, PA	Laerdon Y. Kim	2024	Lincolnwood, IL
Eleanor R. DeHoog	2024	Covington, LA	Emerson D. Kington	2024	Andover, MA
Grant D. DeHoog	2025	Covington, LA	Constantinos T. Krenteras	2024	West Orange, NJ
Ian T. D'Entremont	2026	Lowell, MA	Jakob Kuelps	2025	Zug, DE
Darren D. Donovan	2025	North Andover, MA	Maxwell Langhorst	2025	Andover, MA
Kiefer C. Ebanks	2023	George Town, KY	Kennedy C. Leach	2025	Phoenix, AZ
Asher U. Egerton-Idehen	2026	Dublin, IE	Joshua J. Lee	2024	Chicago, IL
Eirini Evangelinos	2023	Andover, MA	Ophelia Lee	2026	Gainesville, FL
Nneka C. Ezeike	2026	Ellicott City, MD	Sebastian R. Lemberger	2025	Louisville, CO
Vance M. Fabrizio	2024	Beverly, MA	Matthew C. Leonard	2024	Andover, MA

Head Coach: Keri Lambert

Assistant Coaches: Ali Booth, Rich Gorham, Elizabeth Joseph, Matt McMasters,
John Rex, Garret Richie, Casey Smith, Nick Zufelt



Phillips Academy **Track and Field Roster** **2022 – 2023** **Page 2**

Chunze Li	2023	Medford, MA	Jaeyong Shim	2023	Andover, MA
Yuanxi Li	2024	Woburn, MA	Prisha Shivani	2026	Houston, TX
Nathan A. Liang	2025	Carmel, IN	Kibalo C. Signan	2025	Bronx, NY
Todd A. Lin	2025	Aspen, CO	Chloe H. Song	2026	Lexington, MA
Isabell Luo	2025	Belmont, MA	Robert E. Swan	2025	Pelham, NH
Nakai K. Mafunga	2026	Claremont, CA	Gretchen R. Swartz	2023	Bolton, MA
Virginia L. Marshall	2025	Andover, MA	Sophia L. Tabibian	2026	San Francisco, CA
Alexander Mazzarelli	2024	Hingham, MA	Sami N. Tokat	2026	Montclair, NJ
Adaora L. Mbanefo	2024	Gauteng, SA	Andrew J. Tollman	2024	Georgetown, MA
Kurt A. Meyer	2023	Ridgewood, NJ	Alex Torrens	2024	Andover, MA
Xavier M. Moran	2026	ANDOVER, MA	Patricia A. Tran	2024	Glenelg, MD
Daigo Moriwake	2023	Kuala Lumpur, MY	Annabel S. Tu	2025	Andover, MA
Ava Murphy	2024	West Roxbury, MA	Hillary Tufino	2026	Lawrence, MA
Evangeline V. Murphy	2025	Boston, MA	Henry T. Ty	2024	North Andover, MA
Harry W. Murphy	2024	London, GB	Sebastian Valasek	2024	Westmount, QC
Nathan A. Neu	2026	Wilmington, NC	Zoe A. von Eckartsberg	2026	San Francisco, CA
Ozochi A. Onunaku	2025	Brooklyn, NY	Winston-Hughes B. Wall	2025	Waterville, ME
Leo W. Peters	2024	San Leandro, CA	Audrey K. Wan	2025	San Francisco, CA
Hailey R. Piasecki	2026	Gig Harbor, WA	Elliot Weir	2026	Beverly, MA
Aidan R. Porter	2023	Ticonderoga, NY	Andrew K. Wen	2023	Fremont, CA
Audrey E. Powers	2024	Andover, MA	Luke L. Williamson	2025	Miami, FL
Avin I. Ramratnam	2024	Tiverton, RI	Andy Xu	2024	Andover, MA
Madison M. Redmond	2025	Memphis, TN	Anthony Yang	2025	Charlotte, NC
Langston M. Reid	2024	Kilchberg, CH	Reese P. York	2026	Andover, MA
Naima L. Reid	2025	Kilchberg, CH	Wendi Zheng	2024	Andover, MA
Russell G. Robinson	2025	Avon, CT	Andrew K. Wen	2023	Fremont, CA
Bennett B. Rodgers	2026	Dallas, TX	Luke L. Williamson	2025	Miami, FL
Matthew D. Schneider	2024	New York, NY	Andy Xu	2024	Andover, MA
Maya L. Sharar	2023	Andover, MA	Anthony Yang	2025	Charlotte, NC
Henry R. Sheldon	2024	Sudbury, MA	Reese P. York	2026	Andover, MA
Alexander K. Shieh	2023	Andover, MA	Wendi Zheng	2024	Andover, MA

Head Coach: Keri Lambert

Assistant Coaches: Ali Booth, Rich Gorham, Elizabeth Joseph, Matt McMasters,
John Rex, Garret Richie, Casey Smith, Nick Zufelt

Director of Athletics: Lisa Joel

Athletic Trainers: Zach Kershaw, Mike Kuta, Devin O'Reilly, Amy Wiggins

Track and Field

2023 Game Highlights

Trach & Field “Opts-In” to the Spring Season

Phillipian April 14, 2023

Nabilah Nazar



Andover Track and Field (PATF) opened its season against Andover High on Saturday, with the boys and girls teams losing 75-61 and 72-62, respectively. Notable performances, however, were brother-sister duo Grant DeHoog '25 and Nor DeHoog '24, who both placed first in Discus. Nor said, "I'm super proud of [Grant]. I feel like I have to say that as his older sibling, but just seeing the fact that he's so passionate about something that I am, as well. And it's something that we both went into at the same time, it's been really nice to just have an hour and a half out of our day that's together where we're doing something that we both love. And I really do enjoy spending a lot of time with him throughout the season."

Nathan Neu '26, who typically competes in distance events, enjoyed his first meet. He emphasized the importance of utilizing the first meet as a "benchmark" – a gauge of a person's performance relative to the training they are doing. "It actually went pretty well. Even though the conditions were not the best for running, I would say that I ran very well. And we [came up with] a benchmark for everyone to see where we are, as of now. And even though it was a benchmark [meet], everybody still raced really well. And everybody was really positive about the race," said Neu. Aside from overcoming nerves, Nor elaborated on the team's goals going forward. One of which is working towards achieving more camaraderie and familiarity with each other, according to Nor. "I think it really takes the drive and the compassion and the team spirit to really motivate you to get into that circle alone. So I think with the first meet, we were a little bit more individual than I would have liked. Just because I think we were all really nervous for that first time," said Nor.

As the competition becomes more intense, the team must improve physically and mentally, according to Neu. The way Neu engaged with his teammates this meet was through "opting -in," a phrase coaches reiterated in practice to help motivate the group. "A lot of people on the team right now are sort of not always opted-in. The coaches always say, 'Opt-in. Give it your all and cheer on your opponents. Cheer on your teammates.' And I feel like that's something we need to work on this season. And considering that we're coming off a break, it's a really good time to work on form and aerobic capacity," said Neu.

Robby Swan '25, who competed in Long Jump and the 100-Meter Dash, spoke on the training leading up to the meet. Specifically in regards to the jumpers on the team, a lot more emphasis going forward will be placed on improving technique, according to Swan. "Although you want to jump the farthest, you want to be able to get high, get up so that you can go and be in the air as long as you can to get as far as

you can... I've talked to my teammates a lot, and they have some problems with getting height as well. So I think we're all going to try and work on that... We're still having fun, but I hope to become a little bit more focused," said Robby.

Now that PATF has had its first meet, the next few weeks in the season will be critical in preparing for the New England Preparatory School Athletic Council Championships (Interschols), which Andover will be hosting. With new prospects, the future looks bright, according to Swan. "We definitely opted-in because this meet was a bit earlier in the season. We were not really thrown into it, but we only had around one or two weeks to practice before this meet. So I think we definitely had to be in the right mindset and worked really hard those weeks... We have a lot more potential and there's so much more that we can do with this season," said Swan.

Andover Track and Field will compete away against Deerfield and Taft this Saturday.



April 19, 2023

PATF WINS TRI MEET AT HOME

PATF hosted Concord Academy and St. Paul's School for a tri-meet at home on a chilly afternoon this past Wednesday 4/19. A couple dozen Deerfield Academy athletes also joined after the meet on 4/15--when PA and DA were meant to face off in a tri-meet at Taft--was cancelled, however the Deerfield athletes were not scored. Andover won decisively with some promising early-season performances in the field and on the track.

Home Meet #1 - PA vs. AHS 4.8.23 - 4/8/2023

Sorota Track

Results

Event 1 Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Avon Old Farms	A	43.62 6
2 Andover	A	43.71 4
3 Northfield-Mt Hermon	A	44.16 2
4 Loomis Chaffee	A	45.83

Event 2 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Loomis Chaffee	A	49.69 5
2 Andover	A	49.92 3
3 Northfield-Mt Hermon	A	52.13
4 Loomis Chaffee	B	56.17

Event 3 Boys 1500 Meter Run

Name	School	Finals
Finals		
1 Gavenas, Tam	PATF	3:59.17 6
2 Kurian, Sam	LC	4:02.96 4
3 Gackstetter, Evan	LC	4:04.39 3
4 Nevins, Jacob	NMH	4:05.08 2
5 Huang, Max	PATF	4:05.77 1
6 Narukawa, Tomoki	NMH	4:15.01
7 Fabrizio, Vance	PATF	4:26.56
8 Lemberger, Sebastian	PATF	4:32.26
9 Neu, Nathan	PATF	4:32.91
10 Torrens, Alex	PATF	4:33.79
11 Gackstetter, Miles	LC	4:36.72
12 Oneglia, Jack	AOF	4:38.66
13 Lamphere, Erik	LC	4:40.99
14 Lin, Avery	PATF	4:50.03
15 Weir, Elliot	PATF	4:55.22
16 Griggs, Sean	PATF	4:56.95
17 Titterton, Henry	NMH	4:57.29
18 De La Vega, Lucas	LC	4:58.71
19 Lee, Joshua	PATF	5:05.75
20 Agnes, Will	AOF	5:14.07
21 Zhang, Oliver	LC	5:14.39
22 Lischin, Shane	LC	5:25.15
23 Chen, Jason	LC	5:25.47
24 Gagushin, Artem	LC	5:28.06
25 Langhorst, Maxwell	PATF	5:40.90
26 Jiao, Max	LC	6:11.94

Event 4 Girls 1500 Meter Run

Name	School	Finals
Finals		
1 Tran, Patricia	PATF	4:59.19 5
2 Swartz, Gretchen	PATF	5:00.39 3
3 Murphy, Ava	PATF	5:01.21 2
4 Pece, Delaney	LC	5:09.61 1
5 Preuss, Charlotte	LC	5:28.34
6 Song, Chloe	PATF	5:33.61

7 Bilezikian, Bea	LC	5:54.59
8 Murphy, Eva	PATF	5:56.66
9 Van Norman, Maddie	LC	6:00.81
10 Shani, Madeline	LC	6:00.96
11 Mulligan, Jessica	LC	6:05.06

Event 5 Boys 110 Meter Hurdles

Name	School	Finals
Finals		
1 Charles, Ty	NMH	15.14 6
2 Moemeka, Chidi	LC	15.44 4
3 Cohen, Sebastian	LC	15.64 3
4 Shim, Jaeyong	PATF	15.94 2
5 Krenteras, Constantine	PATF	16.22 1
6 Campbell, Chance	AOF	19.74
7 Kong, Oscar	LC	20.04
8 Smith, Mason	AOF	20.14
9 Zhou, Bill	LC	21.54
10 Andrews, Wyeth	LC	21.64
11 Shymkiv, Alex	LC	23.04

Event 6 Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Mancini, Sam	LC	15.86 5
2 Zhang, Lillian	NMH	16.73 3
3 Bae, Sarah	PATF	18.99 2
4 Wiles, Gillian	NMH	19.26 1
5 Wilkes, Carly	LC	20.33
6 Chen, Ellen	LC	20.34
7 Osakwe, Ifeanyi	LC	21.53
8 Harrison, Zaryiha	LC	23.23

Event 7 Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Briggs, Quincy	LC	49.72 6
2 Kington, Emerson	PATF	49.92 4
3 Diallo, Babacar	NMH	50.44 3
4 Enwereji, Ebube	NMH	52.89 2
5 Edwards, Rohan	NMH	52.98 1
6 Sutton, Jalen	LC	53.66
7 Beroukhim, Bodhi	PATF	54.60
8 Martin, George	LC	54.65
9 Bain, Lucas	LC	55.18
10 Craig, Buck	AOF	55.92
11 Wen, Andrew	PATF	57.33
12 Bryson Moore, Vaugh	LC	1:00.15
13 Callahan, Ben	AOF	1:00.65
14 Amani-Luiru, Nathan	LC	1:01.32
15 Kim, Laerdon	PATF	1:05.88

Event 8 Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Purdy, Stella	LC	1:02.33 5

Home Meet #1 - PA vs. AHS 4.8.23 - 4/8/2023

Sorota Track

Results

Event 1 Boys 4x100 Meter Relay

	Team	Relay	Finals	
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Finals

1	Phillips Academy	A	45.25	5
2	Andover High School	A	48.23	

Event 2 Girls 4x100 Meter Relay

	Team	Relay	Finals	
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Finals

1	Andover High School	A	51.80	5
2	Phillips Academy	A	52.47	

Event 3 Boys 1500 Meter Run

	Name	School	Finals	
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Finals

1	Kirn, Colin	AHS	4:11.51	5
2	Stubler, Peter	AHS	4:25.33	3
3	Daaud, Siiso	PATF	4:27.54	1
4	Fabrizio, Vance	PATF	4:33.85	
5	Peters, Leo	PATF	4:34.17	
6	Kapoor, Arun	PATF	4:38.14	
7	Ramratnam, Avin	PATF	4:38.87	
8	Kang, Yifan	PATF	4:43.18	
9	Liang, Nate	PATF	4:59.09	
10	Belson, Spencer	AHS	5:00.59	
11	Calvo, Mario	PATF	5:00.96	
12	Falk, Ben	AHS	5:06.25	
13	Ty, Henry	PATF	5:11.17	
14	Gdhi, Youssef	AHS	5:14.43	
15	Tollman, Andrew	PATF	5:18.66	
16	Loucks, Aidan	AHS	5:18.67	
17	Kawooya, Micheal	PATF	5:19.92	
18	Lee, Joshua	PATF	5:20.51	
19	Smith, Michael	AHS	5:20.56	
20	Cotta, Ben	AHS	5:33.46	

Event 4 Girls 1500 Meter Run

	Name	School	Finals	
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Finals

1	Swartz, Gretchen	PATF	5:13.01	5
2	Murphy, Ava	PATF	5:14.85	3
3	Loneran, Mary	AHS	5:20.57	1
4	von Eckartsberg, Zoe	PATF	5:26.04	
5	Kiley, Rose	AHS	5:26.69	
6	Therault, Georgia	AHS	5:30.64	
7	Daisley, Murathime	PATF	5:32.69	
8	Kapadia, Anika	AHS	5:36.60	
9	Birney, Alexis	AHS	5:41.34	
10	Vives, Olivia	AHS	5:43.80	
11	Bohorad, Tasha	PATF	5:44.54	
12	Lehmann, Mattea	AHS	6:01.52	
13	Waters, Sarah	AHS	7:02.64	
14	Flanagan, Emily	AHS	7:15.51	

Event 5 Boys 110 Meter Hurdles

	Name	School	Finals	
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Finals

1	Lys, Harvey	AHS	16.40	5
2	Allardi, Patrick	AHS	16.76	3
3	Warren, Enzo	AHS	17.74	1
4	Tompkins, Christian	AHS	19.26	
5	Zytovicz, Luke	AHS	19.57	

Event 6 Girls 100 Meter Hurdles

	Name	School	Finals	
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Finals

1	Sheldon, Ashley	AHS	15.66	5
2	Palsetia, Nikita	AHS	17.67	3
3	Ratner, Hannah	AHS	19.21	1
4	McKenna, Elina	AHS	19.96	
5	Welsh, Paige	AHS	20.10	
6	Waldinger, Adrie	AHS	21.38	
7	Belson, Kari	AHS	22.85	

Event 7 Boys 400 Meter Dash

	Name	School	Finals	
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Finals

1	Chowdhury, Neil	AHS	52.04	5
2	Kington, Emerson	PATF	55.40	3
3	Mazzarelli, Alex	PATF	55.40	1
4	Murfitt, Ben	AHS	56.92	
5	Del Valle, Yeyden	AHS	56.93	
6	Wen, Andrew	PATF	57.53	
7	Perry, Roman	AHS	1:00.37	
8	Friesz, Tristan	AHS	1:00.48	
9	Andelman, Michael	AHS	1:01.77	
10	Conner, Will	AHS	1:08.41	
11	Kim, Laerdon	PATF	1:09.44	
12	Kalagara, Sampath	AHS	1:11.53	

Event 8 Girls 400 Meter Dash

	Name	School	Finals	
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Finals

1	Keim, Lilliana	PATF	1:03.99	5
2	Bowman, Miriam	AHS	1:11.34	3
3	Masiyiwa, Gia	AHS	1:16.28	1
4	Sheedy, Meghan	AHS	1:20.70	

Event 9 Boys 100 Meter Dash

	Name	School	Finals	
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Finals

1	Bae, Daniel	PATF	11.32	5
2	Shan, Kevin	AHS	11.44	3
3	DeJesus, Jason	AHS	11.45	1
4	Kang, Jonathan	AHS	11.58	
5	Shim, Jaeyong	PATF	11.72	
6	Valasek, Sebastian	PATF	11.99	
7	McQuide, Elliot	AHS	12.15	
8	Kang, Ryan	AHS	12.25	
9	Berger, Dante	AHS	12.26	

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Sorota Track

Results

Finals ... (Event 9 Boys 100 Meter Dash)

Name	School	Finals
10 Bredy, Malachi	AHS	12.46
11 D'Entremont, Ian	PATF	12.73
12 He, Henry	PATF	12.76
13 Tran, Davis	AHS	12.84
14 Kim, Jason	PATF	12.91
15 Donovan, Darren	PATF	12.98
16 Reid, Langston	PATF	13.02
17 Swan, Robby	PATF	13.11
18 Brag, Martin	AHS	13.11
19 Onunaku, Ozochi	PATF	13.20
20 Ferreira, Matthew	AHS	13.47
21 Hutchins, Teddy	AHS	13.50
22 Nash, Hunter	AHS	13.60
23 Shieh, Alex	PATF	13.78
24 Schneider, Mateo	PATF	13.90
25 Murphy, Harry	PATF	13.91
26 York, Reese	PATF	14.69
27 Buehler, William	PATF	14.96

Event 10 Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Cormier, Jazzy	PATF	12.90 5
2 Cain, Emily	PATF	13.12 3
3 Powers, Audrey	PATF	13.36 1
4 Biggs, Anabelle	PATF	13.48
5 Foohey, Neila	AHS	13.51
6 Leach, Edy	PATF	13.87
7 Godhani, Sana	AHS	13.98
8 Suresh, Lavanya	AHS	14.26
9 Ha, Valerie	PATF	14.29
10 Adourian, Aida	AHS	14.72
11 Almonte, Darielys	PATF	14.81
12 Pichardo, Mia	AHS	14.81
13 Grimes, Ella	AHS	14.83
14 Bae, Sarah	PATF	14.92
15 Wan, Audrey	PATF	15.12
16 Maher, Sarah	AHS	15.33
17 Klaarenbeek, Roos	AHS	15.47
18 Akram, Sehrish	AHS	15.50
19 Anako, Eno	PATF	15.51
20 Dalton, Caroline	AHS	15.64
21 Britton, Jaceil	PATF	15.67
22 Tabibian, Sophia	PATF	15.73
23 Shivani, Prisha	PATF	16.34
24 Lee, Ophelia	PATF	16.93
25 Conteh, JJ	AHS	17.89

Event 11 Boys 800 Meter Run

Name	School	Finals
Finals		
1 Gavenas, Tam	PATF	1:59.76 5
2 Rudolph, August	AHS	2:05.59 3
3 Flores, Kevin	PATF	2:06.35 1

4 Gallaudet, Jed	AHS	2:08.02
5 Torrens, Alex	PATF	2:13.34
6 Tokat, Sami	PATF	2:14.61
7 Lin, Avery	PATF	2:18.73
8 Salamone, Emmett	AHS	2:31.60
9 Langhorst, Maxwell	PATF	2:40.28
10 Juhlin, Tristan	AHS	2:51.15
11 Abeyath, Ranuk	AHS	2:55.89
12 Dowty, Alan	AHS	2:57.07

Event 12 Girls 800 Meter Run

Name	School	Finals
Finals		
1 Giaimo, Mia	AHS	2:31.67 5
2 Buckley, Michaela	AHS	2:37.79 3
3 Osborne, Abby	AHS	2:40.29 1
4 McMillian, Riley	AHS	2:41.22
5 Margolis, Cate	AHS	2:46.99
6 Bedard, Mollie	AHS	2:53.67
7 McCabe, Maggie	AHS	2:55.35
8 Klaarenbeek, Sterre	AHS	3:01.86
9 Lonergan, Jane	AHS	3:02.84
10 Murphy, Eva	PATF	3:03.61
11 McLaughlin, Nora	AHS	3:04.08
12 Paul, Shannon	AHS	3:04.19
13 Nguyen, Alyssa	AHS	3:09.21
14 Ten, Marina	AHS	3:09.87
15 Ciaccio, Sophia	AHS	3:12.39
16 French, Aki	AHS	3:14.96
17 Margolis, Abby	AHS	3:16.75
18 Mazraany, Aayah	AHS	3:19.13
19 Steeves, Sienna	AHS	3:19.47
20 Howarth, Olivia	AHS	3:19.56
21 Callanan, Taylor	AHS	3:29.99
22 Shanmugam, Janani	AHS	3:35.24
23 Khetwal, Yashita	AHS	3:44.28

Event 13 Boys 300 Meter Hurdles

Name	School	Finals
Finals		
1 Krenteras, Constantine	PATF	46.64 5
2 Newmark-Ramirez, Lucas	AHS	50.60 3
3 Anbuselvan, Nanmaran	AHS	51.00 1
4 Wall, Winston	PATF	51.64

Event 14 Girls 300 Meter Hurdles

Name	School	Finals
Finals		
1 Fischer, Hayden	PATF	53.45 5
2 O'Connor, Micaela	AHS	54.16 3
3 Agyeman, Ashley	PATF	55.83 1
4 Garrett, Langan	PATF	57.92
5 Marquis, Izzy	AHS	1:00.00
6 Cummings, Meredith	AHS	1:04.96

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Sorota Track

Results

Event 15 Boys 200 Meter Dash

Name	School	Finals
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Finals		
1	Bae, Daniel	PATF 23.09 5
2	Mazzarelli, Alex	PATF 23.80 3
3	Kington, Emerson	PATF 23.91 1
4	Kang, Jonathan	AHS 24.17
5	Murfitt, Ben	AHS 24.42
6	Berger, Dante	AHS 25.62
7	Bernardin, Nate	AHS 25.98
8	Waugh, Hayden	AHS 26.30
9	Donovan, Darren	PATF 26.31
10	Tran, Davis	AHS 26.39
11	Godsey, Nathan	PATF 26.50
12	DiBarri, Nico	AHS 26.61
13	Kim, Jason	PATF 27.73
14	Hutchins, Teddy	AHS 28.17
15	Shieh, Alex	PATF 28.22
16	Kim, Laerdon	PATF 30.23

Event 16 Girls 200 Meter Dash

Name	School	Finals
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Finals		
1	Cormier, Jazzy	PATF 26.14 5
2	Sheldon, Ashley	AHS 26.70 3
3	Conteh, JJ	AHS 27.46 1
4	Tu, Annabel	PATF 29.27
5	Suresh, Lavanya	AHS 29.45
6	Godhani, Sana	AHS 29.58
7	Pichardo, Mia	AHS 30.42
8	Grimes, Ella	AHS 30.79
9	Bae, Sarah	PATF 31.04
10	Foster, Molly	AHS 31.39
11	Dalton, Caroline	AHS 31.99
12	Klaarenbeek, Roos	AHS 32.05
13	Adam, Brooke	AHS 32.09
14	Tabibian, Sophia	PATF 32.34
15	Shivani, Prisha	PATF 33.36
16	Lee, Ophelia	PATF 35.84

Event 17 Women 3000 Meter Run

Name	School	Finals
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Finals		
1	Hagstrom, Emma	PATF 10:26.94 5
2	Tran, Patricia	PATF 11:07.89 3
3	Zeng, Zoie	AHS 11:40.94 1

Event 17 Men 3000 Meter Run

Name	School	Finals
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Finals		
1	Huang, Max	PATF 9:16.40 5
2	Kuelps, Jakob	PATF 9:26.79 3
3	Chisholm, Jacob	AHS 9:27.45 1
4	Salamone, Theodore	AHS 9:42.39
5	Budzinski, Robert	PATF 9:49.83

6	Neu, Nathan	PATF 10:10.40
7	Lemberger, Sebastian	PATF 10:24.60

Event 18 Boys 4x400 Meter Relay

Team	Relay	Finals
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Finals		
1	Andover High School	A 3:38.50 5
2	Phillips Academy	A 3:51.13
3	Andover High School	C 4:13.79

Event 19 Girls 4x400 Meter Relay

Team	Relay	Finals
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Finals		
1	Phillips Academy	A 4:33.17 5
2	Andover High School	A 4:35.27
3	Andover High School	B 5:06.46

Event 20 Boys High Jump

Name	School	Finals
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Finals		
1	Lys, Harvey	AHS J6-00.00 5
2	Kaleb, Kamen	PATF J5-06.00 3
3	Allardi, Patrick	AHS J5-04.00 1
4	Shah, Ansh	AHS J5-04.00
5	Leonard, Matthew	PATF J5-02.00
5	Anbuselvan, Nanmaran	AHS J5-02.00
7	Warren, Enzo	AHS J5-02.00

Event 21 Girls High Jump

Name	School	Finals
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Finals		
1	Sheldon, Ashley	AHS 5-02.00 5
2	Waldinger, Adrie	AHS 4-10.00 3
3	Imai, Akari	PATF 4-08.00 1
4	Kilgallen, Maeve	AHS 4-06.00

Event 22 Boys Pole Vault

Name	School	Finals
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Finals		
1	Swenson, Ryan	AHS J10-00.00 5
2	Bryan, Bae	AHS J9-00.00 3
3	Hutchins, Teddy	AHS J9-00.00 1
4	McQuide, Elliot	AHS J8-06.00
5	Kang, Ryan	AHS J8-06.00
6	Drummey, Tyler	AHS J8-06.00
7	Porter, Gardner	AHS J8-00.00
8	Flagg, Nate	AHS J7-00.00

Event 23 Girls Pole Vault

Name	School	Finals
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Finals		
1	Bresnick, Gabby	AHS J8-06.00 5
2	Brown, Lily	AHS J8-00.00 3
3	Olson, Marissa	AHS J8-00.00 1
4	Maher, Sarah	AHS J6-00.00

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Sorota Track

Results

Event 24 Boys Long Jump				
Name		School	Finals	
Finals				
1	Shim, Jaeyong	PATF	20-10.00	5
2	Valasek, Sebastian	PATF	20-02.50	3
3	Lys, Harvey	AHS	19-04.25	1
4	Wen, Andrew	PATF	18-11.50	
5	Reid, Langston	PATF	17-03.75	
6	He, Henry	PATF	17-03.50	
7	Swan, Robby	PATF	17-01.00	
8	Godsey, Nathan	PATF	16-11.00	
9	Flanigan, Evan	AHS	16-07.25	
10	Zytkovicz, Luke	AHS	16-03.25	
11	Onunaku, Ozochi	PATF	16-01.75	
12	Ferreira, Matthew	AHS	15-03.00	

Event 25 Girls Long Jump				
Name		School	Finals	
Finals				
1	Biggs, Anabelle	PATF	16-09.50	5
2	Ha, Valerie	PATF	16-06.25	3
3	Cain, Emily	PATF	15-06.25	1
4	Luo, Isabell	PATF	14-11.50	
5	Tu, Annabel	PATF	14-11.00	
6	Powers, Audrey	PATF	14-10.50	
6	Regnante, Julia	AHS	14-10.50	
8	Almonte, Darielys	PATF	14-06.00	
9	Suresh, Lavanya	AHS	14-03.75	
9	Ezeike, Nneka	PATF	14-03.75	
11	Workman, Erin	AHS	14-03.00	
12	Wan, Audrey	PATF	13-02.00	
13	Sheedy, Meghan	AHS	13-01.50	
14	Welsh, Paige	AHS	12-08.75	
15	Akram, Sehrish	AHS	11-09.50	
16	Anako, Eno	PATF	11-08.75	

Event 26 Boys Triple Jump				
Name		School	Finals	
Finals				
1	Shah, Ansh	AHS	37-10.00	5
2	Allardi, Patrick	AHS	36-05.50	3
3	Warren, Enzo	AHS	34-11.00	1

Event 27 Girls Triple Jump				
Name		School	Finals	
Finals				
1	Foohey, Neila	AHS	28-01.75	5
2	Palsetia, Nikita	AHS	28-00.50	3
3	DeMaine, Lauren	AHS	26-02.75	1

Event 28 Boys Shot Put				
Name		School	Finals	
Finals				
1	Porter, Aidan	PATF	39-10.00	5
2	Chen, Young	AHS	36-06.00	3
3	Abel, Carter	AHS	35-08.00	1

4	Bowman, Preston	AHS	31-06.00	
5	Sheldon, Henry	PATF	31-02.00	
6	Williamson, Austin	AHS	30-10.50	
7	Medeiros, Jake	AHS	30-03.50	
8	DeHoog, Grant	PATF	29-08.00	
9	Vakilynejad, Matthew	AHS	29-06.00	
10	Johnson, Byron	PATF	29-02.50	
11	Emovon, Esosa	AHS	29-01.50	
12	Dawson, Avram	AHS	27-09.00	
13	Lorens, Marc	AHS	27-08.00	
14	Ozoonian, Aram	AHS	24-00.00	
15	Allard, Thomas	AHS	22-07.00	
16	Akram, Luqman	AHS	15-00.00	

Event 29 Girls Shot Put				
Name		School	Finals	
Finals				
1	Aziabor, Gracie	PATF	30-01.00	5
2	DeHoog, Eleanor	PATF	29-10.00	3
3	Sharar, Maya	PATF	28-06.00	1
4	Lewis, Nyeema	AHS	27-09.50	
5	Goncalves, Elyse	PATF	27-00.00	
6	Wu, Janie	AHS	25-02.00	
7	Hernandez, Marcela	PATF	24-04.50	
8	Ong, Meghan	AHS	23-03.00	
9	Mafunga, Nakai	PATF	22-01.50	
10	Cratty, Sophia	PATF	21-03.50	
11	Redmond, Maddie	PATF	20-09.00	
12	Hancock, Sophia	AHS	20-07.00	
13	Bencheikh, Emily	AHS	20-02.50	
14	Henderson, Lucy	AHS	18-04.50	
15	Nilsen, Francesca	AHS	18-02.00	
16	Hatzigiannis, Sofia	PATF	16-11.00	

Event 30 Boys Discus Throw				
Name		School	Finals	
Finals				
1	DeHoog, Grant	PATF	111-00	5
2	Medeiros, Jake	AHS	100-08	3
3	Andrade, Owen	AHS	94-10	1
4	Bowman, Preston	AHS	92-09	
5	Johnson, Byron	PATF	88-02	
6	Llorens, Marc	AHS	82-02	
7	Vakilynejad, Matthew	AHS	61-11	
8	Tchakouadeu, Stivy	AHS	39-08	

Event 31 Girls Discus Throw				
Name		School	Finals	
Finals				
1	DeHoog, Eleanor	PATF	103-04	5
2	Yates, Kathleen	AHS	95-04	3
3	Sharar, Maya	PATF	82-09	1
4	Goncalves, Elyse	PATF	73-10	
5	Lewis, Nyeema	AHS	70-01	
6	Wu, Janie	AHS	60-06	
7	Hamilton, Maddie	AHS	56-02	

Home Meet #1 - PA vs. AHS 4.8.23 - 4/8/2023

Sorota Track

Results

Finals ... (Event 31 Girls Discus Throw)

	Name	School	Finals
8	Hernandez, Marcela	PATF	55-09
9	Mafunga, Nakai	PATF	50-11
10	Dalton, Abby	AHS	49-01
11	Loucks, Hannah	AHS	42-04
12	Redmond, Maddie	PATF	39-06
13	Cratty, Sophia	PATF	36-03
14	Hatzigiannis, Sofia	PATF	28-00

Event 32 Boys Javelin Throw

	Name	School	Finals
Finals			
1	Flanagan, Patrick	PATF	114-01 5
2	Rodriguez, Ismael	AHS	105-00 3
3	Anton, Joe	AHS	98-09 1
4	York, Reese	PATF	96-01
5	Hoffman, Max	AHS	88-08
6	Moran, Xavier	PATF	80-05
7	Branscombe, Matthew	AHS	75-01
8	Tweedale, Jack	AHS	73-07
9	Flores, Kevin	PATF	72-03
10	Buehler, William	PATF	67-03
11	Porter, Gardner	AHS	65-06
12	Connor, William	AHS	63-02

Event 33 Girls Javelin Throw

	Name	School	Finals
Finals			
1	Yates, Kathleen	AHS	95-01 5
2	Bresnick, Gabby	AHS	68-10 3
3	Mafunga, Nakai	PATF	63-06 1
4	Britton, Jaceil	PATF	60-08
5	Brown, Lily	AHS	58-11
6	DeHoog, Eleanor	PATF	57-09
7	Sharar, Maya	PATF	42-01
8	Evangelinos, Eirini	PATF	41-05

Women - Team Rankings - 16 Events Scored

1)	Andover High School	72
2)	Phillips Academy Andover	64

Men - Team Rankings - 16 Events Scored

1)	Andover High School	75
2)	Phillips Academy Andover	61

Home Meet #2 - PA vs. SPS, CA, and DA - 4/19/2023

Sorota Track

Results

Event 1 Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Andover	A	44.27 5
2 Concord Academy	A	49.54 3
--- Deerfield Academy	A	X44.92

Event 2 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Andover	A	51.84 5
2 St. Paul's School	A	54.37 3
3 Concord Academy	A	58.64
--- Concord Academy	B	X59.83

Event 3 Boys 1500 Meter Run

Name	School	Finals
Finals		
1 Kuelps, Jakob	Andover	4:20.72 5
2 Fabrizio, Vance	Andover	4:26.16 3
3 Budzinski, Robert	Andover	4:27.98 2
4 Pelton-Flavin, Torin	Concord Academy	4:28.65 1
5 Neu, Nathan	Andover	4:33.98
6 Lemberger, Sebastian	Andover	4:38.20
7 Torrens, Alex	Andover	4:38.78
8 Carroll, Andrew	St. Paul's	4:43.76
9 Lin, Avery	Andover	4:50.88
10 Liang, Nate	Andover	4:51.09
11 Poulton, Drew	Concord Academy	5:05.90
12 Lee, Joshua	Andover	5:06.50
13 Weir, Elliot	Andover	5:09.58
14 Johnson, Calvin	Concord Academy	5:39.80
15 Langhorst, Maxwell	Andover	6:01.58
--- Bynum, Carson	Deerfield	X4:24.91

Event 4 Girls 1500 Meter Run

Name	School	Finals
Finals		
1 Murphy, Ava	Andover	5:20.32 5
2 Blanchard, Olivia	St. Paul's	5:25.30 3
3 Chen, Grace	Concord Academy	5:26.17 2
4 Song, Chloe	Andover	5:34.67 1
5 Taylor, Katherine	St. Paul's	5:40.80
6 Barrett, MacKenzie	Concord Academy	5:55.61
7 Samulka, Natalie	Concord Academy	6:19.60
--- Lennon, Ava	Deerfield	X5:25.95

Event 5 Boys 110 Meter Hurdles

Name	School	Finals
Finals		
1 Shim, Jaeyong	Andover	16.22 5
2 Brady, Nicholas	Concord Academy	17.40 3
3 Krenteras, Constantine	Andover	17.40 2
4 Nigusse, Fraol	Concord Academy	19.45 1
5 Levesque, Cam	Concord Academy	21.10
--- Sirikantraporn, Vee	Concord Academy	NT

---	Santos, Ryan	Concord Academy	NT
---	Mwesigwa, Barack	Deerfield	X17.20

Event 6 Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Ma, Jessie	Concord Academy	19.45 5
2 Garrett, Langan	Andover	19.73 3
3 Simon, Willow	Concord Academy	20.41 2
4 Coffee, Maureen	Concord Academy	20.98 1

Event 7 Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Kington, Emerson	Andover	52.71 5
2 Flores Blackmore, Kevin	Andover	54.14 3
3 Kalere, Grace	Concord Academy	56.27 2
4 Flynn, Grayson	Andover	56.70 1
5 Beroukhim, Bodhi	Andover	57.84
6 Patel, Ashwin	St. Paul's	58.73
7 Samuels, Josh	St. Paul's	1:02.14
8 Williams, Mikey	St. Paul's	1:02.94
9 Vedmid, Andrii	Concord Academy	1:03.63
10 Maina, Mekhi	St. Paul's	1:07.34
11 Kim, Laerdon	Andover	1:08.45
--- Mukhtar, Farouk	Deerfield	X54.33
--- Bakare, Isaac	Deerfield	X55.33

Event 8 Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Martiniello, Gabriella	St. Paul's	1:01.61 5
2 Keim, Lilliana	Andover	1:02.80 3
3 Reid, Naima	Andover	1:04.30 2
4 Fischer, Hayden	Andover	1:07.28 1
5 Sahin, Kate	Concord Academy	1:12.39
6 Murphy, Eva	Andover	1:16.55
7 Adams, Quincy	Concord Academy	1:19.93
8 Newman, Lucy	Concord Academy	1:24.29
--- Creagh, Kaelin	Deerfield	X57.62
--- Miller, Alexis	Deerfield	X1:03.13
--- Hermsdorf, Alex	Deerfield	X1:04.93

Event 9 Boys 100 Meter Dash

Name	School	Finals
Finals		
1 Bae, Daniel	Andover	11.57 5
2 Blomstrom, Cooper	St. Paul's	11.65 3
3 Mazzarelli, Alex	Andover	11.68 2
4 Robinson, Russell	Andover	11.69 1
5 Tewksbury, Jackson	St. Paul's	11.86
6 Richmond, Tal	Concord Academy	12.14
7 Clarke, Kishan	Andover	12.17
8 Zong, Jerry	Concord Academy	12.17
9 D'Entremont, Ian	Andover	12.35
10 Gilliard, Brantley	St. Paul's	12.42

Home Meet #2 - PA vs. SPS, CA, and DA - 4/19/2023

Sorota Track

Results

Finals ... (Event 9 Boys 100 Meter Dash)

Name	School	Finals
11 Donovan, Darren	Andover	12.53
12 Johnson, Temi	St. Paul's	12.66
13 Ng, Daniel	Concord Academy	12.76
14 Bostrom, Axel	Concord Academy	12.78
15 Lee, James	Concord Academy	12.82
16 Onunaku, Ozochi	Andover	12.97
17 Kim, Jason	Andover	13.14
18 Schneider, Mateo	Andover	13.29
19 Ding, Steve	St. Paul's	13.54
20 Huang, Tony	St. Paul's	13.60
21 Tarantino, Alex	Concord Academy	14.22
22 Liu, Matthew	St. Paul's	14.30
23 Mustakim, Mohammed	Concord Academy	15.94
--- Ward, Triston	Deerfield	X11.06
--- Stahelski, Brady	Deerfield	X11.30
--- Rose, Jackson	Deerfield	X11.45
--- Oge-Evans, Chigozie	Deerfield	X11.83
--- Allen, Natrel	Deerfield	X12.33

Event 10 Girls 100 Meter Dash

Name	School	Finals
1 Cain, Emily	Andover	12.98 5
2 Powers, Audrey	Andover	13.14 3
3 Gonzalez, Zuri	Concord Academy	13.53 2
4 Bussey, Georgia	St. Paul's	13.60 1
5 Leach, Edy	Andover	13.82
6 Aziabor, Gracie	Andover	13.83
7 Luo, Isabell	Andover	14.04
8 Ha, Valerie	Andover	14.17
9 Hoyte, Ridley	Concord Academy	14.19
10 Martiniello, Ally	St. Paul's	14.27
11 Wensley, Charlottle	St. Paul's	14.27
12 Tu, Annabel	Andover	14.30
13 Capdevila, Camila	St. Paul's	14.35
14 Shah, Madori	Concord Academy	14.65
15 Lubin, Sophie	Concord Academy	14.68
16 Mulkerron, Tess	St. Paul's	14.85
17 Young, Olivia	Concord Academy	15.33
18 Principal, Monika	St. Paul's	15.33
19 Khalid, Sophie	Concord Academy	15.59
20 Anako, Eno	Andover	15.64
21 McIntosh, Charlotte	Concord Academy	15.70
22 Tran, Katie	Concord Academy	15.73
23 Shivani, Prisha	Andover	15.90
24 Lesort, Manon	St. Paul's	16.10
25 Lee, Ophelia	Andover	16.65

Event 11 Boys 800 Meter Run

Name	School	Finals
1 Fabrizio, Vance	Andover	2:12.33 5
2 Tollman, Andrew	Andover	2:14.62 3
3 Tokat, Sami	Andover	2:16.31 2

4 Boehm, Peter	Concord Academy	2:24.46 1
5 Calvo, Mario	Andover	2:26.44
6 Kawooya, Micheal	Andover	2:27.54
7 Gordon, James	Andover	2:29.46
8 Dalton, Everett	Concord Academy	2:41.02

Event 12 Girls 800 Meter Run

Name	School	Finals
1 Hagstrom, Emma	Andover	2:22.76 5
2 Swartz, Gretchen	Andover	2:29.55 3
3 Jacobs, Asia	Concord Academy	2:31.03 2
4 Murphy, Ava	Andover	2:34.14 1
5 Daisley, Murathime	Andover	2:35.69
6 Blanchard, Olivia	St. Paul's	2:37.90
7 Taylor, Katherine	St. Paul's	2:45.28
8 Plotnick, Maddy	Concord Academy	2:50.87
9 Lodge, Eliza	Concord Academy	2:52.10

Event 13 Boys 300 Meter Hurdles

Name	School	Finals
1 Krenteras, Constantine	Andover	44.04 5
2 Nigusse, Fraol	Concord Academy	44.83 3
3 Zhang, Morris	Concord Academy	47.51 2
4 Brady, Nicholas	Concord Academy	47.95 1
5 Johnson, Temi	St. Paul's	51.79
6 Levesque, Cam	Concord Academy	52.36
--- Dicks, Chandler	Deerfield	X42.39
--- Mwesigwa, Barack	Deerfield	X43.78

Event 14 Girls 300 Meter Hurdles

Name	School	Finals
1 Keim, Lilliana	Andover	50.35 5
2 Agyeman, Ashley	Andover	55.43 3
3 Bae, Sarah	Andover	56.93 2
4 Coffee, Maureen	Concord Academy	1:02.73 1
5 Ma, Jessie	Concord Academy	1:06.07
--- Louis, Josephine	Deerfield	X53.98

Event 15 Boys 200 Meter Dash

Name	School	Finals
1 Bae, Daniel	Andover	23.21 5
2 Kington, Emerson	Andover	23.22 3
3 Mazzarelli, Alex	Andover	23.58 2
4 Blomstrom, Cooper	St. Paul's	23.80 1
5 Wen, Andrew	Andover	24.62
6 Robinson, Russell	Andover	24.85
7 Zong, Jerry	Concord Academy	25.25
8 Richmond, Tal	Concord Academy	25.32
9 Flynn, Grayson	Andover	25.44
10 Gilliard, Brantley	St. Paul's	25.67
11 D'Entremont, Ian	Andover	26.33
12 Donovan, Darren	Andover	26.43

Home Meet #2 - PA vs. SPS, CA, and DA - 4/19/2023

Sorota Track

Results

Finals ... (Event 15 Boys 200 Meter Dash)

Name	School	Finals
13 Reid, Langston	Andover	26.47
14 Park, Alex	St. Paul's	26.53
15 Maina, Mekhi	St. Paul's	27.06
16 Kim, Jason	Andover	27.29
17 Vedmid, Andrii	Concord Academy	27.34
18 Shieh, Alex	Andover	27.60
19 Egerton-Idehen, Asher	Andover	30.30
--- Rose, Jackson	Deerfield	X23.97
--- Haight, Owen	Deerfield	X25.30

Event 16 Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Cormier, Jazzy	Andover	26.80 5
2 Martiniello, Gabriella	St. Paul's	27.50 3
3 Biggs, Anabelle	Andover	27.61 2
4 Bussey, Georgia	St. Paul's	28.21 1
5 Powers, Audrey	Andover	28.76
6 Almonte, Darielys	Andover	30.84
7 Sahin, Kate	Concord Academy	32.51
8 Onuoha, Nicole	St. Paul's	32.54
9 Bell, Chelsea	St. Paul's	32.71
10 Principal, Monika	St. Paul's	32.78
11 Shivani, Prisha	Andover	32.96
12 Lesort, Manon	St. Paul's	33.84
13 Comjean, Caroline	Concord Academy	34.06
14 Lee, Ophelia	Andover	34.74
--- Fealy, Campbell	Deerfield	X27.02
--- Hermsdorf, Alex	Deerfield	X28.74

Event 17 Women 3000 Meter Run

Name	School	Finals
Finals		
1 von Eckartsberg, Zoe	Andover	11:48.22 5
2 Bohorad, Tasha	Andover	11:51.04 3
3 Barrett, MacKenzie	Concord Academy	12:52.55 2
4 Tcherepnin, Clara	St. Paul's	13:02.97 1

Event 17 Men 3000 Meter Run

Name	School	Finals
Finals		
1 Gavenas, Tam	Andover	8:47.60 5
2 Daauud, Siiso	Andover	9:23.51 3
3 Kapoor, Arun	Andover	9:48.57 2
4 Ramratnam, Avin	Andover	9:50.08 1
5 Williamson, Luke	Andover	9:56.69
6 Kang, Yifan	Andover	10:39.99
7 Michaeli, Drew	Concord Academy	10:48.28
8 Peschiera, Paolo	St. Paul's	10:51.13
9 Xu, Daniel	Concord Academy	11:35.82
10 Miron Sanchez, Steven	Concord Academy	13:19.15
--- Wang, Max	Deerfield	X9:12.02
--- Gally, JT	Deerfield	X9:39.63
--- Hua, Robbie	Deerfield	X9:50.84

Event 18 Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Andover	B	3:54.46 5
2 St. Paul's School	A	3:58.38 3
3 Andover	A	4:01.76
--- Deerfield Academy	A	X3:46.76

Event 19 Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 St. Paul's School	A	4:19.35 5
2 Andover	A	4:26.31 3
3 Concord Academy	A	4:49.30
--- Deerfield Academy	A	X4:19.36

Event 20 Boys High Jump

Name	School	Finals
Finals		
1 Kaleb, Kamen	Andover	5-08.00 5
2 Leonard, Matthew	Andover	5-02.00 3
3 Ng, Daniel	Concord Academy	5-00.00 2
4 Signan, Cyrus	Andover	4-00.00 1
--- Dicks, Chandler	Deerfield	X5-10.00
--- Allen, Natrel	Deerfield	X5-08.00

Event 21 Girls High Jump

Name	School	Finals
Finals		
1 Martiniello, Gabriella	St. Paul's	4-10.00 5
2 Imai, Akari	Andover	4-08.00 3
3 Young, Olivia	Concord Academy	4-04.00 2
4 Harnden, Parke	Concord Academy	4-02.00 1
5 Shah, Madori	Concord Academy	4-00.00
6 Comjean, Caroline	Concord Academy	3-08.00
--- Khalid, Sophie	Concord Academy	3-08.00
--- Mbanefo, Adaora	Andover	DNF
--- Glace, Leilani	Andover	DNF
--- Louis, Josephine	Deerfield	X4-08.00
--- Mocarow, Evie	Deerfield	X4-04.00

Event 22 Boys Pole Vault

Name	School	Finals
Finals		
1 Meyer, Kurt	Andover	12-00.00 5
2 Rodgers, Bennett	Andover	11-00.00 3
3 Patel, Ashwin	St. Paul's	9-06.00 2
4 Shieh, Alex	Andover	9-00.00 1
5 Moran, Xavier	Andover	8-06.00
5 Hare, Inigo	Concord Academy	8-06.00
7 Bartlett, Ben	Concord Academy	8-00.00
8 Stiles-Hall, Henry	Concord Academy	7-06.00
8 Levesque, Cam	Concord Academy	7-06.00
10 Grossman, Xander	Concord Academy	7-00.00

Home Meet #2 - PA vs. SPS, CA, and DA - 4/19/2023

Sorota Track

Results

Event 23 Girls Pole Vault

Name	School	Finals
Finals		
1 Cheng, Abbie	Andover	9-06.00 5
2 Leach, Edy	Andover	7-06.00 3
3 Piasecki, Hailey	Andover	7-00.00 1.5
3 Simon, Willow	Concord Academy	7-00.00 1.5
5 Zheng, Wendi	Andover	6-06.00
5 Ma, Jessie	Concord Academy	6-06.00
7 Jacobs, Asia	Concord Academy	6-00.00
7 Caro Del Castillo, Sonya	Andover	6-00.00
9 Hoyte, Ridley	Concord Academy	5-00.00

Event 24 Boys Long Jump

Name	School	Finals
Finals		
1 Shim, Jaeyong	Andover	20-05.75 5
2 Wen, Andrew	Andover	19-01.00 3
3 He, Henry	Andover	18-05.00 2
4 Nigusse, Fraol	Concord Academy	18-00.25 1
5 Tewksbury, Jackson	St. Paul's	17-10.50
6 Setalsingh-Nazaire, Chris	Concord Academy	17-09.50
7 Williams, Mikey	St. Paul's	17-04.00
8 Brady, Nicholas	Concord Academy	17-00.00
9 Egerton-Idehen, Asher	Andover	16-11.25
10 Swan, Robby	Andover	16-10.25
11 Kalere, Grace	Concord Academy	16-10.00
12 Bartlett, Ben	Concord Academy	16-08.25
13 Onunaku, Ozochi	Andover	16-06.25
14 Huang, Tony	St. Paul's	16-06.00
15 Gilliard, Brantley	St. Paul's	16-02.75
16 Vedmid, Andrii	Concord Academy	14-05.50
17 Tarantino, Alex	Concord Academy	14-01.50
18 Liu, Matthew	St. Paul's	12-00.75
--- Clarke, Kishan	Andover	FOUL
--- Reid, Langston	Andover	FOUL
--- Valasek, Sebastian	Andover	FOUL
--- Dicks, Chandler	Deerfield	X20-11.25
--- Ward, Triston	Deerfield	X20-03.50

Event 25 Girls Long Jump

Name	School	Finals
Finals		
1 Biggs, Anabelle	Andover	17-00.00 5
2 Martiniello, Ally	St. Paul's	16-03.00 3
3 Cain, Emily	Andover	15-08.75 2
4 Gonzalez, Zuri	Concord Academy	15-07.25 1
5 Ha, Valerie	Andover	15-06.50
6 Rhee, Graylyn	Concord Academy	14-07.50
7 Tu, Annabel	Andover	14-07.00
8 Luo, Isabell	Andover	14-06.00
9 Glace, Leilani	Andover	14-05.75
10 Anako, Eno	Andover	14-05.00
11 Hoyte, Ridley	Concord Academy	14-03.00
12 Young, Olivia	Concord Academy	13-08.75

13	Almonte, Darielys	Andover	13-03.25
14	Khalid, Sophie	Concord Academy	12-05.50
15	Lin, Maya	Concord Academy	11-08.00
16	Hao, Aurora	Concord Academy	9-01.00
---	Lubin, Sophie	Concord Academy	FOUL
---	Fealy, Campbell	Deerfield	X15-05.00

Event 26 Boys Triple Jump

Name		School	Finals	
Finals				
1	Valasek, Sebastian	Andover	39-01.50	5
2	Setalsingh-Nazaire, Chris	Concord Academy	38-09.00	3
3	Ng, Daniel	Concord Academy	37-00.00	2
4	Bostrom, Axel	Concord Academy	35-05.50	1
5	Swan, Robby	Andover	32-10.00	
6	Samuels, Josh	St. Paul's	31-01.25	
7	Johnson, Temi	St. Paul's	30-01.25	
---	Bakare, Isaac	Deerfield	X38-05.00	

Event 27 Girls Triple Jump

Name		School	Finals	
Finals				
1	Ha, Valerie	Andover	33-09.50	5
2	Tu, Annabel	Andover	30-05.00	3
3	Rhee, Graylyn	Concord Academy	30-03.50	2
4	Lin, Maya	Concord Academy	23-04.50	1
5	McIntosh, Charlotte	Concord Academy	23-00.00	
6	Hao, Aurora	Concord Academy	21-09.50	
7	Lesort, Manon	St. Paul's	21-07.25	
---	Comjean, Caroline	Concord Academy	FOUL	

Event 28 Boys Shot Put

	Name	School	Finals	
Finals				
1	Porter, Aidan	Andover	40-02.50	5
2	Obiorah, Ernest	St. Paul's	37-08.00	3
3	Dang, Nathan	Concord Academy	33-08.00	2
4	Sheldon, Henry	Andover	33-00.00	1
5	DeHoog, Grant	Andover	30-09.50	
6	Tyler, Halsey	Concord Academy	29-10.50	
7	Taylor, Harlem	St. Paul's	29-02.50	
8	Johnson, Byron	Andover	28-06.50	
9	Robins, Mason	St. Paul's	27-02.50	
10	Jain, Ishan	Concord Academy	27-00.00	
11	Chavira, Anghelo	Concord Academy	25-04.00	
12	Soto, Michael	Concord Academy	23-06.50	
13	Traore, Malik	Concord Academy	22-01.00	
14	Mustakim, Mohammed	Concord Academy	19-00.50	
---	Oge-Evans, Chigozie	Deerfield	X48-03.50	
---	Volkman, Alex	Deerfield	X35-07.50	

Event 29 Girls Shot Put

Name	School	Finals
Finals		
1 Sharar, Maya	Andover	31-00.00 5
2 Aziabor, Gracie	Andover	29-06.00 3

Home Meet #2 - PA vs. SPS, CA, and DA - 4/19/2023

Sorota Track

Results

Finals ... (Event 29 Girls Shot Put)

Name	School	Finals
3 DeHoog, Eleanor	Andover	28-05.00 2
4 Goncalves, Elyse	Andover	25-07.50 1
5 Hernandez, Marcela	Andover	25-07.00
6 Capdevila, Camila	St. Paul's	25-05.50
7 Onuoha, Nicole	St. Paul's	24-08.00
8 Kasdon, Marly	Concord Academy	24-05.00
9 Mulkerron, Tess	St. Paul's	23-06.50
10 Redmond, Maddie	Andover	22-01.00
11 Wensley, Charlotte	St. Paul's	21-03.00
12 Cratty, Sophia	Andover	19-06.50
13 Bell, Chelsea	St. Paul's	17-08.00
14 Montoro, Laura	Concord Academy	16-03.00
15 Hatzigiannis, Sofia	Andover	15-10.00
16 Mattias, Allison	St. Paul's	13-04.00

Event 30 Boys Discus Throw

Name	School	Finals
1 Obiorah, Ernest	St. Paul's	114-01 5
2 Jain, Ishan	Concord Academy	96-05 3
3 DeHoog, Grant	Andover	95-10 2
4 Dang, Nathan	Concord Academy	84-11 1
5 Johnson, Byron	Andover	83-05
6 Robins, Mason	St. Paul's	76-04
7 He, Henry	Andover	73-09
8 Gutierrez, Mathew	Concord Academy	66-07
9 Chavira, Anghelo	Concord Academy	66-05
10 Callejas, Gabe	Concord Academy	65-04
11 Soto, Michael	Concord Academy	60-10
12 Espinosa, Theo	Concord Academy	58-10
13 Traore, Malik	Concord Academy	58-07
14 Grossman, Xander	Concord Academy	54-01
--- Oge-Evans, Chigozie	Deerfield	X141-07
--- Volkman, Alex	Deerfield	X124-03

Event 31 Girls Discus Throw

Name	School	Finals
1 Sharar, Maya	Andover	91-06 5
2 DeHoog, Eleanor	Andover	88-10 3
3 Goncalves, Elyse	Andover	81-08 2
4 Onuoha, Nicole	St. Paul's	75-07 1
5 Wensley, Charlotte	St. Paul's	67-04
6 Capdevila, Camila	St. Paul's	66-02
7 Hernandez, Marcela	Andover	66-00
8 Mulkerron, Tess	St. Paul's	61-01
9 Bell, Chelsea	St. Paul's	52-08
10 Decola, Esmee	Concord Academy	52-07
11 Redmond, Maddie	Andover	46-09
12 Wanandi, Chiara	Concord Academy	45-01
13 Samulka, Natalie	Concord Academy	43-07
14 Zhang, Alicia	Concord Academy	43-02
15 Cratty, Sophia	Andover	41-08
16 Mattias, Allison	St. Paul's	34-07

17 Martin, Elaia	Concord Academy	33-10
18 Hatzigiannis, Sofia	Andover	31-05

Event 32 Boys Javelin Throw

Name	School	Finals
1 York, Reese	Andover	127-00 5
2 Flanagan, Patrick	Andover	118-11 3
3 Bostrom, Axel	Concord Academy	113-09 2
4 Lee, James	Concord Academy	102-06 1
5 Flores Blackmore, Kevin	Andover	93-08
6 Jain, Ishan	Concord Academy	77-01
7 Gutierrez, Mathew	Concord Academy	76-11
8 Taylor, Halsey	Concord Academy	73-11
9 Moran, Xavier	Andover	73-00
10 Grossman, Xander	Concord Academy	66-11
11 Espinosa, Theo	Concord Academy	66-04
12 Callejas, Gabe	Concord Academy	65-09
13 Buehler, William	Andover	62-08
--- Stahelski, Brady	Deerfield	X152-06

Event 33 Girls Javelin Throw

Name	School	Finals
1 Britton, Jaceil	Andover	77-05 5
2 Mafunga, Nakai	Andover	73-00 3
3 Kasdon, Marly	Concord Academy	70-08 2
4 Park, Chloe	Concord Academy	42-00 1
5 Evangelinos, Eirini	Andover	38-09
6 Zhang, Alicia	Concord Academy	38-06
7 Lubin, Sophie	Concord Academy	38-01
8 Wanandi, Chiara	Concord Academy	35-07
9 Martin, Elaia	Concord Academy	35-06
10 Montoro, Laura	Concord Academy	32-06

Women - Team Rankings - 16 Events Scored

1) Andover Phillips Academy	113.5
2) St. Paul's School	30
3) Concord Academy	26.5

Men - Team Rankings - 16 Events Scored

1) Andover Phillips Academy	118
2) Concord Academy	35
3) St. Paul's School	17

Combined Team Scores - 33 Events Scored

1) Andover Phillips Academy	250.5
2) Concord Academy	63.5
3) St. Paul's School	48

Boys Varsity Volleyball

2023

Coach: Alex Svec

Captains: Samuel T. Rodgers & Logan Suryamega

Managers: Zhenkun Wang, Iris Guo, & Yuexin Zeng

Overall Season Record

Win	Loss	Tie
11	1	0

2023 Class A Champions

Letter Winners: Brian Chica-Herrera, Iris Guo, Eddie Lou, Obinna N. Nwaneri, Samuel T. Rodgers, Inti M. Stephenson, William J. Suh, Logan Suryamega, Nicolas C. von Eckartsberg, Zhenkun Wang, Jeremy Woodley, Arthur Wu, Stanley Hao Wen Yu, Yuexin Zeng, & Henry Zhao

Award Winner: MVP - Nicolas C. von Eckartsberg



Boys Volleyball

2023 Schedule and Results

Wed	03/29/2023	Volleyball BV	Andover HS	H	4:00 PM	3-1	W		Memorial Gym
Sat	04/01/2023	Volleyball BV	Choate	A	3:30 PM	3-0	W		
Tue	04/04/2023	Volleyball BV	Lawrence HS finding new date	H	4:00 PM				Memorial Gym
Wed	04/12/2023	Volleyball BV	Exeter	H	3:30 PM	3-1	W		Memorial Gym
Sat	04/15/2023	Volleyball BV	N.M.H. cancelled	H	3:30 PM				Memorial Gym
Wed	04/19/2023	Volleyball BV	North Andover HS	A	4:30 PM	3-2	W		
Thu	04/20/2023	Volleyball BV	St. John's Prep	H	4:00 PM	2-3		L	Memorial Gym
Sat	04/22/2023	Volleyball BV	Methuen HS	H	11:30 AM	3-0	W		
Wed	04/26/2023	Volleyball BV	N.M.H. reschedule	H	4:00 PM	3-0	W		Memorial Gym
Sat	04/29/2023	Volleyball BV	N.M.H.	A	2:30 PM	3-0	W		
Wed	05/03/2023	Volleyball BV	Exeter	A	3:15 PM	3-1	W		
Sat	05/06/2023	Volleyball BV	Choate	H	4:30 PM	3-0	W		Memorial Gym
Sat	05/13/2023	Volleyball BV	Tournament	A	12:00 PM		W,W		Choate 23



Phillips Academy Boys Varsity Volleyball 2023

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
4/4	Nicolas C. von Eckartsberg	2023	San Francisco, CA
8/3	Logan Suryamega *	2023	Jakarta, ID
5	Inti M. Stephenson	2025	Lawrence, MA
6	Obinna N. Nwaneri	2024	Iowa City, IA
7	Brian Chica-Herrera	2024	Middle Village, NY
8	Henry Zhao	2023	Whitby, ON
10	Stanley Hao Wen Yu	2023	Shanghai, CN
11	Eddie Lou	2024	Maitland, FL
12	Jeremy Woodley	2026	Lawrence, MA
14	Samuel T. Rodgers *	2023	Dallas, TX
16	William J. Suh	2024	Northbrook, IL
19	Arthur Wu	2025	Beijing, CN

*Captain

Coach: Alex Svec

Assistant Coaches: Clyfe Beckwith, Eduard Ciobanu

Managers: Zhenkun Wang, Iris Guo, & Yuexin Zeng

Boys Volleyball

In the News

Boys Volleyball Rallies Against Crosstown Rivals



Despite being down 21-13 in the second set to Andover High School, Andover Boys Volleyball scored 12 points in a row to secure the set, tying the overall score to 1-1. In the final points of the game, Henry Zhao '23 scored four aces in a row, leading Andover to a 3-1 win on Wednesday.

Andover came with the victory on Wednesday after a tough 3-2 loss to Methuen High School on Monday. To rebound from the loss, Zhao noted that the team had to work on recovering quicker from their little mistakes on the court.

"We need better communication. When we lose multiple points in a row, it's tough to be optimistic but we have to. We have to work on that. Other key takeaways include defensive services. If we're able to get it to Eddie [Lou '24], our setter, we'll be able to play more consistently. We have a lot more to practice," said Zhao.

While the team may need more time to match each other's style on the court, there are few communication issues off the court, according to Arthur Wu '25. Wu, a new member of the team, mentioned the positive reinforcement he receives when around the team.

"I think it was very easy to integrate into the volleyball team because everyone was always there for me during the lost points and faulty receives in practice. This has made us extremely close and our team bonding events like icing, stretching, and trips have definitely also helped," said Wu.

ND Nwaneri '24 described the celebrations he often organizes to lift up his team members. Whether it be imitating a favorite player or marveling at a teammate's skill, the players on the sidelines are doing their best to keep the energy high, according to Nwaneri.



"My favorite thing to do on the bench is to coordinate celebrations. We have one where whenever someone gets a big hit, someone goes on the ground and we administer CPR to them. When someone aces, we hit the Ronaldo Siu," said Nwaneri.

According to Zhao, maintaining energy has been a point of emphasis for the team this season. Zhao reflected on how momentum can often swing both ways in a game, such as in the game against Methuen High School.

"Energy is one of the most important things with us. When we are excited and motivated to play, we always play pretty well. In the beginning, even in the second and third sets, I felt like I didn't bring enough energy to the team. Sometimes we were not communicating. We would get scored on point after point for a couple rounds. Once we get a crucial turnaround point and the momentum starts coming it lets everyone play better," said Zhao.

According to Nwaneri, one standout player this year has been Zhao, who has flourished as a middle blocker. Additionally, Zhao has played a large role as a server.

"Whenever Henry would go up to hit, because Henry is just so tall, he jumps up so high and then he just slams it down in their face. And they can't do anything. The bench goes crazy and the fans go crazy. Henry's four straight aces were amazing... No one got a good pass off of any of them. And that final one, jump serve, top spin, so fast, so hard," said Nwaneri.

Coming off a New England Preparatory School Athletic Council (NEPSAC) title in the 2021-2022 season, the team is focused on having another successful season ahead. Wu appreciates the grit and determination that will be needed to have a run at being repeat NEPSAC champions.

"We have one final goal. To win NEPSAC and bring home another trophy. Our hard work and positive attitude during practice will play a huge part in that," said Wu.

Andover Boys Volleyball will open their official season on Saturday against Choate.

Henry He
Mar 31, 2023

Andover Boys Volleyball Defeats Exeter Rivals



Andover Boys Volleyball continued last year's undefeated streak against Phillips Exeter Academy (Exeter) by securing another win this Wednesday. The team beat Exeter at home 3-1, reuniting after Andover defeated Exeter in the NEPSAC Championship last Spring.

Leading up to the game, the team tailored their training to specifically prepare for its rival. Arthur Wu '25 mentioned how the team watched film and took note of Exeter's strong middle in order to get an idea of what they should work on.

"So for the two days before the game Monday and Tuesday, we made it very Exeter focused because we knew they had a big middle blocker with an extremely big vertical as well. So we kind of just worked on defensive positioning, and after watching their games in the past, we looked at some of the weaker spots that we could attack. I feel like that just really led to our success," said Wu.



The team played consistently well, but had to make adjustments throughout the game after facing an injury challenge. According to ND Nwaneri '24, the game was an opportunity to show the team's ability to adapt.

"We played pretty well in terms of actual game play. The serving was pretty good. Henry [Zhao '23] hit really well, Will [Suh '24] hit really well, Stanley [Hao '23] hit really well, Eddie [Lou '24] set really well. We actually ran into a couple of challenges along the way. Eddie rolled his ankle and had to go out for a rotation, but then he came back and somehow he was just fine. I don't know, but we really flexed our depth today because the second Eddie went out, Brian [Chica-Herrera '24] came in and

played well as well," said Nwaneri.

According to Inti Stephenson '25, energy was a big part of the team's success yesterday. Stephenson shouted out Nwaneri for all his cheering on the side to keep the team positive and motivated.



"We always look towards ND who's our number one cheer squad captain on the side. He's always jumping up and down, doing backflips. He can do backflips actually... We always look for people on the bench to cheer everyone up," said Stephenson.

Looking forward, the team hopes to improve its consistency. Wu mentioned how working together as a team will help connect them on the court.

"I feel like in general, we just have to keep on putting consistent serves because as you can see in the game, there are a few missed serves and a few errors in communication. But apart from that, I feel like just working together more during practice is probably gonna be the most helpful way for us to improve," said Wu.

The team will play away against North Andover High School next Wednesday.

Angie Lucia
Apr 14, 2023

Boys Volleyball Sweeps Methuen High School and Northfield Mount Hermon



Winning the first two sets with confidence, Andover Boys Volleyball dominated against Northfield Mount Hermon (NMH) on Wednesday, ending with a 3-0 sweep. Andover also swept Methuen High School 3-0 the previous Saturday.

Leading up to the game on Wednesday, the team worked on avoiding blocks, due to it being one of NMH's biggest strengths. According to Inti Stephenson '25, the team's focus on blocks was what led to its dominant victory on Wednesday.

"NMH has one of the biggest blockers, and when you are dealing with a really tall double block it can be hard. All practice this entire week since Monday, we have been trying to practice how to get around double blocks, how to be more dominant, and also

how to be more cautious if you are getting stuffed," said Stephenson.

According to Arthur Wu '25, the team also focused on taking advantage of any ball that comes off the block, which is called "recycling." Wu views this as the key factor in sustaining momentum during a point.



"We worked on recycling the blocks and running plays off of them in order to develop our playing to an additional level. Recycling balls is very important because it keeps the point alive and challenges the other team at the same time," said Wu.

Stephenson highlighted Henry Zhao '23 as one of the standout players at Wednesday's game. As a Senior, he also brings valuable leadership skills and a commanding presence to the team.

"I think Henry stood out today. He is the tallest player on the team and whenever he walks on the court he has a big presence. He is always there in the corner when we need a burst of energy and hits the ball really well. He is the most dominant on the court when it comes to attacks," said Stephenson.

According to Wu, although the team swept the match, there was still room for improvement in its communication on the court. By increasing communication, the team can achieve better positioning and minimize its mistakes.



"I think the weakness was that we still didn't get enough kills. We averaged out to double digit kills which wasn't too bad. If we keep working on communication and positioning, I think that kills will be much more abundant in our next game," said Wu.

Stephenson shared similar sentiments to Wu regarding the importance of teamwork. He feels that communication is crucial and should be emphasized both on and off the court. By working together effectively, he believes Andover will continue to thrive.

"Communication is something that we need to work on. One thing that occurs a lot in volleyball is when you have two players next to each other, and the ball is floating lightly

and flying above you, but it is in between two players. Then you have to decide who is getting the ball or leaving it. We need these mistakes to stop happening in the future. We will continue to practice simple drills to get team chemistry back on track," said Stephenson.

Andover Volleyball plays NMH again on Saturday and Phillips Exeter Academy on Wednesday.

Henry Snow
Apr 28, 2023

Boys Volleyball Looks to Extend Win Streak Against Choate



Andover Boys Volleyball defeated Northfield Mount Hermon 3-0 on Saturday and Phillips Exeter Academy 3-1 on Wednesday, extending the team's win streak to four.

NMH displayed impressive athleticism, but Andover dominated the team through skill and communication, according to Inti Stephenson '25. Stephenson credited the team's hitters for their offensive plays and strategic placement of balls.

"A lot of their weaknesses came with technical stuff like passing and strategic things, like when they're out of system on a play and they don't know where to pass a free ball and communication. And I say like that's something on our Varsity team that we're really good at. We have a lot of athletic hitters. But overall, our team strengths during the game were our communication and our ability to just always place the ball where we needed to place it," said Stephenson.

William Suh '24 credited middle Arthur Wu '25 and setter Eddie Lou '24 for the win against NMH.

"I think everyone was playing really well overall. The hitters were converting at a really high rate. Defense was pretty solid. I want to give a shout out to Arthur for making a lot of kills and Eddie obviously, he always does a great job of giving us the balls. I think that's why we won," said Suh.

Stephenson highlighted Suh's placement on one of his kills.

"Will, he's our opposite spiker, and he was set by Eddie on one of the plays, and he just had this beautiful zero block hit... It was just this amazing cross court shot that just had pure speed and power," said Stephenson.

Stephenson noted an area for improvement was consistent serving. Leading up to the Exeter game, the team used drills to help serve better under pressure.

"The one trouble though that we did have was serves ... Whenever we were in a deficit and we needed to make the serve, we would constantly miss them after an important point. And that would kind of give life to this team that really was not on our level," said Stephenson.



ND Nwaneri '24 recalled how well the team played as a unit against Exeter. He highlighted the team's chemistry when defending.

"Our Exeter game was great. Coach was telling us about how last year was the first time we beat Exeter in like 5-10 years and this year, we beat them twice in one season. So he was just emphasizing how awesome that was... Our defense really stood out that game. It was incredible from our back row, especially in the first set. It felt like I was watching one giant organism play. Like everyone was

just so attuned to the game and to each other," said Nwaneri.

The 2022 New England Preparatory School Athletic Council Championship (NEPSAC) was the first time Andover had beaten Exeter in recent years. The team was looking forward to a rematch against Exeter again after winning 3-1 earlier in the season, according to Stephenson.

"Every time we play Exeter [and] we win, we just feel great because previous years, Exeter has just been so dominant in the Boys Varsity league for Phillips... But today, our first set, we came out swinging. We were insane. Everyone was pumped, the energy was there... We lost [a set] because [of] silly mistakes... there [was] miscommunication on the free ball or there was no movement on the defense for attack... [But] we brought the energy back towards the earth to win everything back," said Stephenson.

Andover's final game of the season against Choate Rosemary Hall will finalize its seeding in this year's NEPSAC tournament. According to Stephenson, the team feels prepared for its last stretch before the championship.

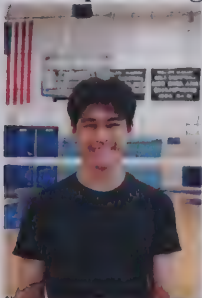
"We're really confident that we're going to beat them and we'll secure our spot for first seed. But right now it looks like we're first seed in the league, but then again our coach told us that... it's good to have a little bit of nervousness... So [it's] always good to be cautious about who you're playing and no matter what the ranking is," said Stephenson.

Andover Boys Volleyball will host Choate Rosemary Hall on Saturday.

Nabilah Nazar

May 5, 2023

Co-Captain Logan Suryamega '23: "A Strong Voice on The Court"



Stepping foot on a volleyball court for the first time just two years ago, Andover Boys Volleyball Co-Captain Logan Suryamega '23 leads through humility and passion, always seeking ways to uplift the team. As an Outside Hitter and a Defense Specialist, Suryamega represents versatility and balance on the volleyball court.

During his Lower year, Suryamega made the decision to change course from outdoor track to volleyball. After playing on the Junior Varsity team for one season, he transitioned to the Varsity team last year.

Suryamega said, "It's just been very humbling to come from having never played volleyball before in my [Lower] year, to competing on such an amazing team with over half the team returning from last year. As a Senior, it's just been an amazing experience having grown up with all these kids around me... Like we've grown so much closer and it's just been an amazing experience being the captain of this team."

Three-year teammate Nico von Eckartsberg '23 commented on Suryamega's efforts to place the team above all. Von Eckartsberg admires Suryamega's influence on team camaraderie.

"Our coaches mentioned at the start of the season [that] he thinks a bunch of us are better at positions that we're not actually playing, but the way we play is because, overall, it's the best for the team. And so everyone is making sacrifices so that we can play better as a whole. And I think Logan has stepped up and played that role, and helped others play that role as well," said von Eckartsberg.

Andover won its second consecutive New England Preparatory School Athletic Council Championship on Saturday. The team's passion and work ethic has all been "homegrown," according to Suryamega.

"This year was a really special year for the volleyball team because not only was it our best season in a long time...everybody on the team was homegrown Andover volleyball talent... Everyone on the team has just worked their way up through the volleyball program slowly... It was really amazing winning again and I think it was even better knowing that we weren't just handed this championship," said Suryamega.

After sharing three seasons with Suryamega, von Eckartsberg admires his patience on the court. Suryamega's ability to communicate effectively and encouragement drives the changes within the team.

Von Eckartsberg said, “[He is] a really strong voice on the court. And that’s in both when we win points, but also when we lose points. He’s always there bringing energy, keeping energy on the court, but also when we lose points, he’s always there talking about it... and making a plan for what to do next time, how to avoid that... It helps everyone else just keep that ambition and that excitement and that drive to get better.”

This season, both Suryamega and Co-Captain Sam Rodgers ’23 have embraced the new members of the team. ND Nwaneri ’24 reflected on his comfortable transition to the new team environment.

Nwaneri said, “He [is] very much [gives] older brother vibes, at least like for me. I’ve learned a ton from him. He is kind of been my mentor on the team and he’s super approachable. Both Logan and Sam are very approachable. I feel like I can depend on them, not just as Captains but as friends.”

Earlier this season, von Eckartsberg recalled a moment in-game where there was miscommunication with Suryamega, resulting in a faulty defensive play. He admired how well Suryamega handled the situation.

“I think one of my favorite moments playing with Logan this year was [when] we were at NMH. And they were serving and there was a serve that went between us. Neither of us got it. We had that little moment of miscommunication and confusion. But we got together, we figured it out, we talked through it... I think [that] moment shows Logan’s influence on this team,” said von Eckartsberg.

Von Eckartsberg continued on to speak on Suryamega’s ability to excel on both the defensive and offensive sides of volleyball. His smart playmaking has been a big contributor to the team’s success, according to Eckartsberg.

“We talked about this a couple times in practice that if a ball drops, there should be at least one person on the ground chasing it. And I think Logan has always been pushing for that... Last year, [he] was more reliant on us as defensive players, but this year he’s really embraced doing that from his role, even as an attacker and it’s transferred to other people. Everyone on the court now has shown this sort of ambition to get the ball up. I think that’s one of the greatest things he has done for this team,” said Eckartsberg.

Looking ahead, Suryamega hopes to try out for Brown University’s Volleyball Club team and rejoin Andover alumni Alex Mitchell ’22 on the court.

Suryamega said, “I’m definitely going to try out for Club. Hopefully I can make it, but the Brown team is really strong and so we’ll see if I can make it or not. If I do, I look forward to playing again with an Andover volleyball alum, Alex Mitchell. He’s their starting Opposite Outside Hitter. It’ll be good to reconnect to play again on the same team.”

Nabilah Nazar

May 19, 2023

Co-Captain Sam Rodgers ’23: Pioneering with Positivity and Passion



Andover Boys Volleyball Co-Captain Sam Rodgers ’23 began playing volleyball at five years old on a non-competitive co-ed team. Now in his fourth year on Andover’s team, Rodgers leads with a focus on positivity, encouraging teammates to find a balance between physical and mental well-being.

“It’s okay to get down or realize you messed up...but just always stay positive and continue to encourage people to talk on the court. I think just when everyone’s having fun that just makes everyone play better, especially in volleyball... Energy matters so much,” said Rodgers.

Inti Stephenson ’25 believes Rodgers is reflective of his efforts to maintain a positive attitude, specifically in his pep talks.

“He’s just always smiling... In team dynamics, there’s always the funny one, the goofy one, the one that’s trying to...roast people. He’s never negative. He’ll just be Sam... Always smiling, trying to be positive,” said Stephenson.

Eddie Lou ’24 admires Rodgers’ ability to collaborate with the team’s coaches. Lou reflected on a time Rodgers made a crucial suggestion in the development of a play.

“When we don’t get a good pass and we become out of system, we usually always have to set the ball either in one or two directions, but his suggestion added another third possible direction for the attack. And I guess his ingenuity there was, ‘Whoa, we as players can also have a say in how the game works,’” said Lou.

According to Stephenson, Rodgers remains calm even during challenging games, further serving as a dependable figure to his teammates in the midst of high-stress situations.

“[When we need] to be serious and just an extra boost, he’ll say the right things that need to be said. And whenever we’re in a pressure situation where we’re losing or we’re down points, you never see a panic face on him,” Stephenson said.

In addition to leading by example, Rodgers considers himself a vocal leader. By being one of the loudest on the court, Rodgers hopes to spread energy and provide direction to his teammates.

“Energy [in] volleyball matters so much because it’s very much a momentum sport. And so when we get down, our coach is good at calling time outs and he’ll have me and our other Captain Logan [Suryamega ’23] just [lift] the team up. And basically, we’ll just say, ‘Hey, you know, we’re struggling a little bit right now, but we know we’re better than this. We know how good we can be,’” said Rodgers.

Meg Stineman

May 19, 2023

Boys Volleyball Claims Second Consecutive NEPSAC Championship Title



Andover Boys Volleyball swept both Northfield Mount Hermon (NMH) and Phillips Exeter Academy (Exeter) 3-0 on Saturday to win the New England Preparatory School Athletic School Council (NEPSAC) Championship for the second year in a row.

Entering the tournament as the No.1 seed, Andover played NMH in the Semifinals and Exeter in the Finals of the tournament, with just an hour between the two games. Eddie Lou ’24 commended the team for its efforts in

the doubleheader despite the limited recovery time.

“We all played our best volleyball this weekend. This weekend we had to do two games back to back. And that was unique in a sense there. We were worried about conserving energy in the first one, the prep for the final match, but that didn’t really become an issue because we swept both teams pretty efficiently. I think everybody was just on point that day,” said Lou.

Co-Captain Sam Rodgers ’23 shared a similar sentiment to Lou, with the tournament also serving as the pinnacle of the team’s 10-1 season.



“We played together really well. It was probably our best two games, and Eddie Lou moved the ball around really well, he was awesome. And we responded to adversity really well, we got down a couple of times and just responded really well from that. I think we just stayed together and trusted each other,” said Rodgers.

In the regular season, the team had already defeated both NMH and Exeter twice, each time by two sets or more. Despite Andover facing both teams for

the third time in the tournament, nerves still got a hold of players, according to Inti Stephenson ’25.

“We were losing it, but our coach was trying to tell us it’s okay if we lose the set because we’re ahead and we’re the stronger team. And so we were able to internalize that. And so when it was game time, and we were down, we kind of thought, ‘Okay, let’s just play how we normally play. If you lose a set, it’s fine because there’s more and we’re dominating,’” said Stephenson.

The past four NEPSAC Championship Finals have been battles between Andover and Exeter; however, last year was the first time Andover succeeded the Big Red. Stephenson mentioned the importance of the team’s serves in the dominant sweep over Exeter this year.



“So we have a lot of strong servers when they’re hot. So there’s two serves: jump float and topspin. And a lot of our strong servers, they’ll mess up a lot and then they’ll start getting their really strong ones in. But the problem is point imbalance. And what we’ve been trying to work on all season is trying to work up to our strong serves,” said Stephenson.

Lou appreciated the support and dedication that his teammates maintained over the course of the season. According to Lou, every teammate has sacrificed

small parts of the game to benefit the greater team, and Saturday’s result served as a reward to their non sibi behavior.

“Throughout the whole season, it was mostly the starters who played and so every single member sort of had to sacrifice some play time or sometimes being subbed out when they weren’t playing well. I think everybody really owned up to that because we love this sport so much that we were just willing to do anything to

contribute to the team. And so just that aspect of teamwork of putting your own desires aside for the greater good was just the biggest takeaway for me,” said Lou.
Can Andover Boys Volleyball make it a three-peat?

Meg Stineman
May 19, 2023

Girls Varsity Water Polo

2023

Coach: Howie Kalter

Assistant Coach: Hillary Kavanagh & Nate Smith

Captains: Kexin J. Guo & Kaia M. Heslin

Managers: Zachary A. Godsey, Jason S. Kokones, &
Marcel J. Montemayor Fontes

Overall Season Record

Win	Loss	Tie
1	10	0

Letter Winners: Sophia J. Aalami, Caitlyn Y. Chow , Addison Deng,

Vanessa Fan, Zachary A. Godsey, Kexin J. Guo, Lyla W. Guthrie, Kaia M. Heslin, Jason S. Kokones, Jacqueline J. Li, Marian C. MacKinnon, Sahana P. Manikandan, Isabelle R. Matloff, Marcel J. Montemayor Fontes, Adelaide C. Morales, Evangeline V. Oosting, Mira Patodia, Emily E. Ryan, Sarah A. Samoluk, Sophie M. Staii, Mia E. Wonacott, Melinda Z. Wu, Sophia G. You, & Ariana W. Zhao

Award Winner: MVP - Mia E. Wonacott



Girls Varsity Water Polo

2023 Schedule and Results

Sat	04/01/2023	Water Polo G	Williston/Sacred Heart	H	12:00 PM	3-21		L	Pan Athletic
Sat	04/08/2023	Water Polo G	Deerfield/Greenwich	A	2:15 PM	3- 12/11- 17		L,L	at Deerfield
Wed	04/12/2023	Water Polo G	Exeter	H	3:00 PM	6-12		L	Pan Athletic
Sat	04/29/2023	Water Polo G	Williston/Greenwich HS	A	1:45 PM	4-19/4- 18		L,L	
Sat	05/06/2023	Water Polo G	LOOMIS/Choate	A	4:00 PM	5-11/4- 8		L,L	at Choate
Wed	05/10/2023	Water Polo G	Exeter	A	3:00 PM	7-10		L	
Sat	05/13/2023	Water Polo G	Deerfield/Hopkins	H	12:00 PM		W	L	Pan Athletic



**Phillips Academy
Girls Varsity Water Polo
2023**

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Kexin J. Guo *	2023	Andover, MA
1B	Lyla W. Guthrie	2023	Boxford, MA
1A	Isabelle R. Matloff	2024	Los Angeles, CA
2	Adelaide C. Morales	2025	Nokomis, FL
3	Vanessa Fan	2023	Andover, MA
4	Kaia M. Heslin *	2023	Andover, MA
5	Caitlyn Y. Chow	2025	Toronto, ON
6	Sarah A. Samoluk	2026	Andover, MA
7	Marian C. MacKinnon	2024	Wilmette, IL
8	Evangeline V. Oosting	2024	Haverhill, MA
9	Melinda Z. Wu	2025	Cherry Hill, NJ
10	Emily E. Ryan	2025	Rumson, NJ
11	Mia E. Wonacott	2024	Bethesda, MD
12	Ariana W. Zhao	2025	North Andover, MA
13	Jacqueline J. Li	2023	Singapore
14	Mira Patodia	2026	Belmont, MA
15	Addison Deng	2026	Shanghai, CN
16	Sophie M. Staii	2025	Andover, MA
17	Sophia G. You	2026	Naperville, IL
18	Sophia J. Aalami	2023	New York, NY
19	Sahana P. Manikandan	2026	Princeton, NJ

* Captain

Coach: Howie Kalter

Assistant Coaches: Hillary Kavanagh, Nate Smith

Managers: Zachary A. Godsey, Jason S. Kokones, &
Marcel J. Montemayor Fontes

Girls Varsity Water Polo

In The News



Girls Water Polo Struggles in Season-Opening Game Against Williston

Andover Girls Water Polo hosted its season opener against Williston, the 2022 New England Preparatory School Athletic Council (NEPSAC) Champions, on Saturday. Although Andover lost 22-3, the team looks forward to improving its strategy, positioning, and most of all, team chemistry.

According to Molly MacKinnon '24, facing off against the reigning league champions posed a significant challenge, but it also provided an opportunity for the team to grow. The game allowed the team to regain its rhythm and identify areas of weakness.

"It was a really good opportunity for some of the newer players on the team to get to experience playing a really good team. It definitely helped us understand what areas we needed to improve as individuals and a team. It was also important to see how the other team played, and what strategies they used. I am hoping we can learn from that and apply it to our games in the future," said MacKinnon.



Coming into the game, a number of team members had never played water polo. According to Sophie Staii '25, creating a supportive team environment and fostering a learning atmosphere were essential in helping new teammates feel welcomed and adjust to the pace of the game.

"We worked on generally setting up positions because a significant number of the team is new to water polo. It took a little to understand how the game worked, but once the players did, they did a lot better and we didn't let in as many goals," said Staii.

Co-Captain Kaia Heslin '23 shared a similar perspective to Staii. Heslin advocates for promoting positivity and capitalizing on the team's strengths, with numerous teammates coming off of a successful swim season. She also believes that it is crucial to learn from each game and use the mistakes as learning opportunities.

"We take each game as an opportunity to improve and learn. More concretely, I think that we have speed on our side against some of the teams. I think that we should work on using our speed to our advantage and can help us out throughout the rest of the season," said Heslin.

Heslin highlighted MacKinnon's performance, which displayed her athleticism, leadership, and hard work.



"Molly MacKinnon did an amazing job in the hole and two-meter offense. Her ability to consistently get good positioning is impressive and something that we can use to our advantage in the future," said Heslin. Staii believed that the advice experienced players provided on Saturday contributed to the team's gradual improvement over the course of the game. Positioning, communication, and trust are all key elements of a successful team, according to Staii.

"Everyone was good at working together, the experienced players were really nice and helped the newcomers figure out where to go while playing. Experienced players also helped out on the bench. They explained what was happening, like for example, why there were certain fouls," said Staii. According to MacKinnon, nurturing an optimistic mindset in the team and receiving guidance from both coaches and fellow teammates are essential for overall improvement. She acknowledges the team's efforts during practice and their eagerness to embrace new knowledge.

"We have a new team this year. We have a few people returning, but a lot of the team has not played water polo before. In practice, everyone is doing a great job at listening to the coach and applying the advice he gives us. We are working really hard in drills, everybody is picking up the sport

quickly, and most people have a great attitude towards learning the sport and learning something new because it can be challenging,” said MacKinnon.
Andover will face Deerfield and Greenwich in a double-header on Saturday and host Phillips Exeter Academy on Wednesday.

Henry Snow
Apr 7, 2023

Head Coach Howie Kalter '07 Guides Girls Water Polo Through Season of Growth



In his second year coaching Andover Girls Water Polo, Head Coach Howie Kalter '07 applied experience and expertise to lead the team toward significant growth. As a Coach, Kalter strives to make each member of his team the best version of themselves by the end of the season.

“We had a slow start to the season. The team persevered and remained positive despite an unbalanced win-loss record. The season had a

memorable ending with the first win in two seasons over Hopkins and a very close game with Deerfield,” said Kalter.

New to the team, Sahana Manikandan '26 appreciated Kalter's efforts to create a supportive team environment conducive to learning and growth. Kalter ensured that new athletes felt welcomed and were able to adapt to the game's pace and strategy.

“Most of our team was new to water polo or had minimal experience. Yet, by the end of the season, the improvement was clear. After getting to know each other better, we were able to communicate much better and smoother. Additionally, the team understood our teammates' individual strengths and weaknesses and were able to help each other and grow based on that,” said Manikandan.

Kalter believes that it is crucial to prioritize proper training, conditioning, and skill development in water polo.

“The thing that draws me to water polo the most is its complexity. The sport is physically demanding as well as strategically complex. As a result, the team has placed a strong emphasis on training and cultivating a cohesive team dynamic,” said Kalter.

According to Jackie Li '23, the team is extremely satisfied with its progress in the pool, in great part due to Kalter's guidance. While Andover's 1-10 record may not show it, the team improved throughout the season and gained invaluable experiences, according to Li.

“Regardless of how much we scored or how the games we played ended up, I think, at the end of the day, our team has always been happy with our performance. While this didn't mean that we were complacent with our results, it meant that we were appreciating the immense growth that we had undergone. In the past few weeks, we've played several close games with Exeter and Deerfield, and even managed to secure our first win [against Hopkins on Senior Night], something we couldn't even do with our Captains last year who had many years of water polo experience,” said Li.

Henry Snow
May 19, 2023

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